



AMERICAN

SEMESTER PROGRAM

PRE-ARRIVAL GUIDE
SUMMER 2018



MICHIGAN STATE UNIVERSITY
AMERICAN SEMESTER PROGRAM & EXCHANGES

Dear ASP Short Course Participants,

Temperatures are rising, the days are getting longer, and in just a few more months, summer will officially be upon us. Our caring and dedicated team are excited to begin the official countdown to summer.

As you finalize preparations for your arrival, I encourage you to get to know our campus better by reviewing this guide carefully. We have a lot of fun activities planned for you this summer and we are looking forward to meeting each and every one of you. Feel free to connect with your future classmates, ambassadors, summer stewards, and staff through our social media outlets. Reach out to us; we are here to ensure your transition to campus this July goes as smooth as possible.

Michigan State University's greatest strengths are the people who call themselves Spartans. I'm proud to be a Spartan, and I'm very happy that you chose Michigan State University to call your home this summer.

On behalf of me and the rest of the extraordinary American Semester Program team, welcome to the Spartan Family!

With best wishes,



Lewis A. Cardenas
Director, American Semester Program and Exchanges
Michigan State University



LEWIS CARDENAS
Director



KELLIE CLOCK
Short Course Program Coordinator

AUTHRENE ASHTON
Lead Steward

Student Affairs Administration Master's Candidate

ALEXA STECHSCHULTE
Steward
*Comparative Cultures &
Politics Major*

MALAHNI NGALLE
Steward
International Relations Major

RANDY PERKINS
Steward
*International Relations & Criminal
Justice Major*

CONNECT WITH US!

Tag your photos with
#ASPsummer18 before, during
and after your program!



@AmericanSemester



@americansemester



@americanMSU



ARRIVAL DETAILS

ARRIVAL DAY

JULY
9

You are required to arrive in East Lansing, Michigan on July 9. If you arrive between 8:00am and 8:00pm on July 9, the American Semester Program team will pick you up at your East Lansing location. Once you have booked your travel please fill out the [Arrival Form](#).

Pickup is available from the following Lansing area locations:

- [Michigan Flyer](#) East Lansing Bus Stop (bus from Detroit Airport)
- [Lansing Capital City Airport](#) (LAN)
- [East Lansing Amtrak/Greyhound Bus Station](#) (for train/bus from Chicago)

It is recommended that students decide between:

- Flying to the [Detroit Metropolitan Airport](#) (DTW) and take the Michigan Flyer Bus to East Lansing. The Michigan Flyer bus is very convenient to board, with a stop right outside the arrivals terminal. The bus offers free Wi-Fi, water and a restroom (onboard). The ride will make a few stops before arriving in East Lansing (the duration of the trip is around 2 hours).
- The second-best alternative is to have a connecting flight to the Lansing Capital City Airport (LAN). This is a small airport located about 20 minutes from campus.

It is least convenient to fly to Chicago and take the Amtrak train to East Lansing. The connection from Chicago airports to the train station is not convenient, and it is very common for Amtrak trains to be delayed.

You may not move into your MSU housing until July 9. If you choose to travel in the United States before the program, or arrive in East Lansing before July 9, you are responsible for arranging your own accommodation.

DEPARTURE DETAILS

DEPARTURE DAY

JULY
27

Check out time from residence hall: 12:00 PM

The American Semester Program staff will not provide transportation from campus to departure locations. We suggest students seek out: Uber, Lyft or any Lansing-area taxis. Taxis and transportation apps (like Uber) are very affordable.

Approximate cost vary, dependant on time of day:

- Taxi from Campus to Michigan Flyer Stop: around \$10.00
- Taxi from Campus to Lansing Airport: around \$30.00
- Using UberX will be slightly cheaper, unless surge pricing is in effect

HOUSING DETAILS

JULY
9

Check-in for all
summer 2018 students

JULY
27

Check-out for all
summer 2018 students

On-campus housing is available
during the program dates only.
All students will live in Owen Hall:

OWEN HALL
735 E Shaw Lane
East Lansing, MI 48825

To learn more about Owen Hall
and see some photos, visit [LiveOn](#).

All students will be placed in single rooms, sharing a suite style bathroom with one other person of the same gender. Rooms are furnished with a bed, desk, chair, and dresser. Bed linens, pillows, and towels are provided by the residence hall and can be exchanged for clean linens weekly. Washing machines and dryers are available for free for your use, but you must purchase your own laundry detergent. Owen Hall has several common spaces including a take-out style restaurant and convenience store, cafeteria style seating, a media room, community kitchen, study rooms, a computer lab, music practice rooms, and a large outdoor patio.

Air conditioning is not available in individual rooms, but all common spaces are air-conditioned. Students are provided with box fans in their rooms.

Internet Access in Owen Hall

Wi-Fi is available in all common spaces, including lounges on each residence hall floor. Wi-Fi is not reliable, and often not available, in individual rooms. Each room has hard-wired Internet Access. Students can request an Ethernet cord from the American Semester Program, or can bring one from home.

Just be sure your computer has a port for an Ethernet cord! Get an adapter if you need one.

Owen Hall Security

Owen Hall has a service desk staffed 24-7. The staff can answer any questions residents have and can help resolve maintenance issues by contacting maintenance staff. All students are given a key to their room and an access card upon check in. Only residents can access the floor on which they live in. Owen Hall with their access card.

Amenities

- Students have access to IM East, the closest fitness facility. Access is only \$3 per day.
- Toilet paper and trash bags are provided free of charge by Owen Hall.
- Sports equipment can be checked out from the service desk.
- River Walk Market, a take away style restaurant, is located in the lobby and accepts Spartan Cash.





ON-CAMPUS MEALS

Students are provided with a Spartan ID Card processed during orientation, which will be loaded with \$260.00 of Spartan Cash.

- Spartan Cash can be used to purchase meals in on-campus cafeterias: Brody Square and The Gallery
- It can also be used at area restaurants and Sparty's locations (convenience store). A full list of establishments that accept Spartan Cash can be found here: <https://spartancash.msu.edu/locations>

The following meals are provided in the program:

- Orientation breakfast and lunch
- BBQ lunch
- Boxed lunch on Lake Michigan trip
- Graduation dinner



COMMUNICATION

Internet

Wi-Fi is available in all common spaces, including lounges on each residence hall floor. Wi-Fi is also available throughout campus and will be accessible once on campus. The campus-wide Wi-Fi is "MSU Net 3.0".

Phone

If you have a cell phone number that works in the United States, or if you get a local sim card, please give that number to Kellie Clock through [this online form](#).

Remind – *messaging system with ASP Staff*

ASP will be using the app and messaging system called Remind. It is free to use and works using a Wi-Fi or cellular data connection. Staff will send out announcements and alerts, and students can respond and communicate directly with staff.

During orientation, we will get everyone registered and demonstrate how we will use Remind to communicate with you.

- Join our "class" on Remind here: <https://www.remind.com/join/aspsum18>
- It is recommended that you download the Remind app to your smart phone for the easiest way to use this messaging service:
- iPhone: <https://itunes.apple.com/us/app/remind101/id522826277>
- Android: https://play.google.com/store/apps/details?id=com.remind101&referrer=utm_campaign%3Dget-it-on-google-play%26utm_medium%3D%252Fapps%26utm_source%3Dremind101

EXCURSIONS



Chicago, IL – July 13 to 15

- Two nights at the Freehand Hotel, conveniently located in downtown Chicago
- Students have free time the entire weekend! No meals are provided in the program
- A list of suggested activities will be provided upon arrival, but students should plan out their ideal weekend in Chicago.
- We will be there during the Pitchfork Music Festival, so that is something to consider: <https://pitchfork.com/festival/chicago/>

All excursions and activities listed on the calendar are required and included in your program fee.

View the [tentative Calendar](#)

Lake Michigan – July 20

A day of fun and adventure on Lake Michigan!

- Dune Rides through sand dunes learning about the history of West Michigan with beautiful views of Lake Michigan: <http://saugatuckduneride.com/>
- A Lunch Cruise on the Star of Saugatuck Riverboat along the Kalamazoo River and onto Lake Michigan: <http://www.saugatuckboatcruises.com/>
- An evening in South Haven, Michigan to play on the beach, swim in the lake, watch the sunset, and go shopping in the adorable downtown: <http://www.southhaven.org/>

This is a day trip with lunch included. Dinner will be out of pocket in South Haven.

OFF-CAMPUS ACTIVITIES

included in program fees

Great Lakes Crossing Outlet Mall – July 12

Shop 'till your heart's content at one of the largest outlet malls in Michigan. Even if you are not interested in shopping, you can see a movie or visit the aquarium during this excursion!

BBQ at Lake Lansing – July 16

All-you-can-eat lunch from Saddleback BBQ at one of the inland lakes near to MSU's campus. Take a paddle boat out on the lake, play volleyball and soccer, and enjoy the sunshine.

Lansing Lugnuts Baseball Game – July 18

Cheer on our local minor league baseball team, the Lansing Lugnuts! Going to a baseball game is a classic summertime activity. Even if you do not know any of the rules, it is always fun!

Michigan Capitol Building Tour – July 24

Lansing is just down the road from MSU, and it is our state capital. Tour the historic building and learn about Michigan's history and how our government works.





ON-CAMPUS ACTIVITIES

included in program fees

Orientation – July 10

Orientation will be comprised of fun inter-cultural activities, a campus tour, and a general overview of the summer. You will end the day with a Ice Cream Social. Faculty and staff involved with the summer program will be in attendance.

Kick-Ball Game – date TBD

Learn to play kickball with our student Ambassadors. Kickball will help you get a better understanding of how Baseball is played. This will come in handy before the Lansing Lugnuts outing!

American Cuisine Demonstration – date TBD

Learn about American cuisine while watching a demonstration by one of our chefs at the Brody Square dining hall.

Graduation Ceremony – July 26

Celebrate the completion of your American Semester Program Short Course with your new friends. Take part in an American style graduation (after decorating your grad cap), celebrate with your professors, and eat dinner at our on campus Kellogg Conference Center and Hotel.



While most of the program consists of class time and organized activities, there is planned free-time on July 21 and 22. This Saturday and Sunday are completely free of organized activities, allowing students to take advantage of other opportunities.

- If you plan to travel off campus, you must email Kellie Clock (clockkel@msu.edu) with your travel details
- It is not necessary to travel far to have a fun weekend! Lansing and East Lansing are fun cities to be in during the summer, and there is plenty to keep you busy

Study Time

- Your number one priority on this program is to go to the class you have enrolled in
- Use your free time after class and outside of organized activities to study and work on class projects
- Program activities or excursions are no excuse whatsoever to get out of doing classwork. The calendar is shared with course instructors, but they have the sole discretion to assign work as they see necessary for the course

The best ways to pay for things during the program and while you are in the United States are with a credit card or with cash. Please keep the following in mind when buying things in the US:

- You must notify your bank/credit card company that you will be traveling in the United States BEFORE you leave your home country. Doing this will help avoid your bank putting a hold on your account if they think it's a fraudulent charge the first time you use it in the US.
- Your bank/credit card company may charge fees for overseas transactions. Find out what these are before leaving your home country so that you can anticipate them.
- You should bring a debit card so that you can withdraw money from ATMs while in the United States.
- Travelers checks are not recommended, as they are rarely accepted by retailers

The cost of living in East Lansing, Michigan is relatively inexpensive. We estimate that you will need approximately \$500 of personal spending money during the program. You may have different spending habits, however, so this amount is just an estimate.



HEALTH INSURANCE

mandatory travel insurance for all participants

As a participant in the American Semester Program Short Courses you are required to have at least travel insurance, and we highly recommend health insurance. Our recommended plan is with International Student Health Insurance. If you choose International Student Health Insurance you'll have a customized online portal of all your insurance information including costs and benefits. This insurance option also ensures in network providers close to MSU campus.

An overview of general costs below:

- \$0 deductible for ages 18-29 yrs
- \$50 Urgent Care Copay
- \$200 Emergency Room Copay
- Up to \$500 coverage for lost checked luggage
- Up to \$5,000 for trip interruptions

To enroll in our recommended plan with International Health Insurance, [click here to fill out our online form](#).

If you elect to purchase alternative health or travel insurance, [please fill out this online form](#).

PACKING

Michigan is quite warm in July, and our campus is very large! It is important to pack clothes and shoes that you will be comfortable in when spending time outdoors. MSU students dress casually for class, so it is acceptable to wear shorts or jeans and t-shirts. Please pack a more formal outfit for academic excursions and the graduation ceremony! Here is a helpful packing list to follow:

- Light summer clothing
- Casual business outfit for academic excursion
- Semi-formal outfit for graduation ceremony
- A sweater and/or sweatshirt for chilly nights
- Sunscreen
- Sunglasses
- Hat
- Umbrella
- Bathing suit (optional, but there is a pool on campus and we will be going to a few beaches)
- Good walking shoes for walking on campus and excursions
- Small bag/backpack for day trips

- Laptop for class assignments
- Electrical outlet adaptors

NOTE: the electrical current in the US is 120V, so some of your electronics may not work unless they have built-in converters. Cameras or laptops are usually okay, but hair dryers and alarm clocks, for example, may not!

The following items should be packed in your carry-on luggage:

- Prescription Medication (also recommended: note from doctor regarding prescriptions)
- Over-the-counter medications that you usually take at home (such as for headaches, upset stomach, etc.)
- Passport
- ESTA Approval (Or other visa documents if applicable)
- Program Acceptance Letter and Visa Letter
- Credit card (s) and debit card

LIFE IN EAST LANSING

Costs of Everyday Items:

- Coffee/Tea: \$3.00-\$5.00
- Quick lunch/fast food: \$8.00+
- Non fast food restaurant: \$15.00+
- Tylenol/Ibuprofen: \$3.00+
- Pads/Tampons: \$5.00+
- T-shirts: \$10.00+

Basic Services/Activities

- Movie Theater: \$5.00 on Tuesdays, \$9.50+ regularly
- Wharton Center (on-campus) tickets: \$10.00+
- Haircut for Women: \$25.00+
- Haircut for Men: \$15.00+
- Broad Art Museum on campus: free

- Bowling: free on Wednesdays on campus, \$10.00+ for bowling/laser tag, etc off campus
- Banking: MSU Federal Credit Union on campus, other credit unions and banks in the surrounding area such as Chase and Huntington Bank
- Quick food/drinks: Sparty's stores and cafes throughout campus, Starbucks, or campus dining halls

What's Near East Lansing:

- 4.8km from Lansing, MI- the state capital
- 103km from Ann Arbor, MI
- 144km from Detroit, MI
- 355km from Chicago

PROGRAM EXPECTATIONS

As a participant in the American Semester Program Summer Short Course programs, there are academic and behavioral expectations you are expected to comply with.

Regular class attendance is mandatory. Due to the fast-paced nature of short course programs, it is extremely important to be present in each class period. It is also important to communicate to your professors any issues you're having with coursework and turn in every assignment to ensure a complete grade. Remember, ASP Short Courses are designed to be the equivalent of 3 US credits. It is your responsibility to work with your home university to determine whether or not they will grant you course credit for participating. You should ideally communicate with them about this before the course begins.

The legal drinking age in the United States is **21 years old**. If you are under 21 years of age while you are a participant here you can not possess, consume, furnish, or distribute any alcoholic beverages. MSU also has a zero-tolerance policy with the possession, use, manufacture, production, sale, exchange, or distribution of illegal drugs.

Alcohol, drug and weapons related violations, assault, and sexual or racial harassment are so seriously problematic that dismissal from the program is highly likely.

If at any time you wish to withdrawal from the program, you must send official notice to american@msu.edu and pay the outlined fee.

If dialing from an international cell phone or sim card, dial +1 before the area code (517 locally)

For emergencies *only*

911

For general inquiry & support | MSU Police

+1-517-355-2221

For all other issues, please contact [Kellie Clock](#)

EMERGENCY CONTACTS

AMERICAN SEMESTER PROGRAM 24 HOUR EMERGENCY LINE

+1-517-432-8785

ON-CAMPUS OLIN HEALTH CENTER FOR APPOINTMENTS

+1-517-353-4660

ON-CAMPUS COUNSELING CENTER

+1-517-355-8270

MSU SAFE PLACE DOMESTIC VIOLENCE SHELTER

+1-517-355-1100

24 HOUR CRISTIS LINE FOR COUNSELING & SEXUAL ASSAULT

+1-517-372-6666

HELPFUL CONTACTS

SAFERIDE, FREE SHUTTLE SERVICE BY MSU | 10pm-2:30am

+1-17-884-8069

BIKESHARE, FREE BIKE RENTAL ON MSU CAMPUS

+1-517-32-3400

MSU CATA BUS STATION, QUESTIONS AND ISSUES

+1-517-94-1000

MICHIGAN FLYER, BUS SERVICE FROM EL TO DETROIT AIRPORT

+1-333-0400

ASMSU FREE LEGAL SERVICES, CALL FOR APPOINTMENT

+1-517-353-3716

TEXT "START" FOR CRISIS HELP AND SUPPORT

741-741