EXCHANGE

Monday, January 14th

8:30 am – 4:00 pm   Arrive at Montclair State & Check In at Residence Hall
-Check in at your assigned Residence Hall

8:30 am – 4:00 pm   Visit Office of International Engagement
-Should you have any questions, you can check in with the Office of International
  Engagement staff. For those arriving after 4:00 pm, you will receive a welcome tomorrow
  (Tuesday 1/15) during breakfast

2:00 pm – 2:30 pm   Storage Room
*For Village residents*
-Visit Office of International Engagement

6:00 pm – 7:00 pm   Pizza Party with the Global Ambassadors
-Enjoy pizza and meet new people! If you don’t reside in The Village, you can take the
  Campus shuttle directly to Alice Paul Hall

Tuesday, January 15th

8:00 am   Shuttle to University Hall
-Shuttle will depart at 8:00 am from behind Alice Paul Hall (in the Village at Little Falls)
  to take students to University Hall (the School of Business is within walking distance from
  University Hall). The School of Business is also within walking distance from other
  residence halls on the main campus

8:15 am – 9:00 am   Breakfast/Welcome
-Enjoy breakfast and receive a welcome from the Office of International Engagement

9:00 am – 9:25 am   Meet the Global Ambassadors/Globingo
-Learn more about how your Global Ambassador can assist you and get to know other
  international students through a game of Globingo. There will be prizes!

9:30 am – 10:00 am  My Life as an International Student
-Learn how to adapt to U.S. culture and subcultures and about U.S. diversity, cultural norms,
etiquette, and combatting culture shock

10:00 am – 10:45 am  Maintaining Your Status: F-1 & J-1
-Learn about maintaining your visa status and specifics of your F-1 or J-1 visa

10:45 am – 11:30 am  Resource Fair/Signup for Friday’s Trip
-Enjoy lunch and talk to representatives from community organizations, businesses, and
  services! Guests include a cell phone company, bank, campus services, and other
  resources you will need to get settled into life at Montclair State. Please note that
  you can start the process of setting up a bank account at the Resource Fair today and make
  an appointment for tomorrow to finish the process during the scheduled Uptown
  Montclair trip. Please bring $10 cash with you to sign up for Friday’s bowling trip!

3:45 pm – 4:15 pm   Storage Room
*For Village residents*
-Visit Office of International Engagement

Room 207
(Alice Paul, 3rd Floor, Next to Laundry Room)
between semesters. Some students choose to donate items after each semester—you can also see if any donations might be useful to you!

4:30 pm – 7:30 pm  Optional Shopping Trip to Clifton Commons
                  -Shuttle will depart at 4:30 pm from The Village at Little Falls. The shuttle will pick students up promptly at 7:30 pm from Clifton Commons. A list of stores and restaurants are attached to this packet

**Wednesday, January 16th**

11:00 am – 11:30 am  Campus Tour
                  -Learn to navigate campus and visit important offices with the Global Ambassadors!

2:30 pm – 4:30 pm  Optional Trip to Uptown Montclair
                  -Shuttle will depart at 2:30 pm from Machuga Heights and will pick students up promptly at 4:30 pm from outside of Bank of America. A list of stores is attached to this packet. To open a bank account on this visit, please bring your I20 or DS2019 and passport

7:00 pm – 8:00 pm  Floor Meeting
                  *For Village residents in the Global Living Community*
                  -Learn about campus safety and residence hall policies and procedures. You will also meet the Resident Assistants from The Village!

**Thursday, January 17th**

All Day  Free Time
                  -You can use this time to explore campus and your new environment!

**Friday, January 18th**

12:30 pm – 3:30 pm  Bowling Trip to Garden Plaza in Clifton
                  -The bus leaves from the Red Hawk Parking Deck promptly at 12:30pm. This bus will depart from the bowling alley at 3:00pm. The price is $10 per student (cash, non-refundable) for two hours of bowling, bowling shoe rental, and pizza, chicken wings, and soda. Payment must be made on Tuesday 1/15 during the Resource Fair to reserve your spot
Mailing Addresses:

For students residing in Blanton, Bohn, Sinatra, Freeman and Russ Halls, The Village at Little Falls, and The Heights:

Your Name
Montclair State University
1 Normal Avenue
Your Residential Building Name & Room Number
Montclair, NJ 07043

For students residing in Hawk Crossings:

Your Name
Montclair State University
65 Clove Road, Apt. #
Little Falls, NJ 07424

Questions? Please email the Office of International Engagement at intserv@montclair.edu or call (973) 655-6862

Instagram: @msuinternational and @iso_msu

Facebook: Montclair State University – International Engagement
# Meal/Shopping Guide:

## On-Campus Dining

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>MON 1/14</th>
<th>TUES 1/15</th>
<th>WED 1/16</th>
<th>THURS 1/17</th>
<th>FRI 1/18</th>
<th>SAT 1/19</th>
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<tbody>
<tr>
<td>Outtakes Market Express (Student Center)</td>
<td>8:00am-3:00pm</td>
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<tr>
<td>Au Bon Pain at Café Diem (Sprague Library)</td>
<td>8:00am-7:30pm</td>
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<td>University Hall Café (University Hall)</td>
<td>7:00am-3:00pm</td>
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<tr>
<td>The Venture Café (School of Business)</td>
<td>7:30am-3:00pm</td>
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<td>7:30am-3:00pm</td>
<td>CLOSED</td>
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<tr>
<td>Red Hawk Diner (Next to Student Center)</td>
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[www.dineoncampus.com/montclair](http://www.dineoncampus.com/montclair)

### Clifton Commons - Food

- **Applebee’s**: Food (American)
- **Chevys**: Food (Mexican)
- **The Shannon Rose**: Food (Irish)
- **Spuntino**: Food (Italian)

### Clifton Commons - Shopping

- **Stop & Shop**: Groceries
- **Target**: Toiletries, Bedding, Clothing
- **AMC Theatres**: Movie Theatre
- **Burlington**: Clothing
- **Barnes & Noble**: Books
- **Wells Fargo, Boiling Springs Savings**: Banks
- **Staples**: School Supplies

### Montclair - Shopping

- **Bank of America**: Opening a Bank Account
- **CVS**: Toiletries, Over the Counter Medicine
- **Post Office**: Mailing a Package, Stamps, Postcards
- **ACME**: Groceries