



OFFICE OF INTERNATIONAL SERVICES

University Center for International Studies
University of Pittsburgh

International Student Post-Arrival Checklist

Welcome to Pitt! We are excited that you have arrived to campus, and we know there is a lot to take care of in your first few days and weeks here. Use the checklist and links below to make sure you don't forget anything.

Done	N/A	To-Do Items
		Obtain your Pitt ID from Panther Central.
		Schedule your English Language Proficiency Test , if required.
		Get registered for class by contacting your Academic Advisor or department.
		Identify your OIS Immigration Specialist
		Enroll in health insurance, or attest to other U.S. based health insurance
		Set up your NameCoach account through My Pitt
		Apply for a Pennsylvania state ID or driver's license , if interested.
		Apply for a U.S. Social Security Number - employed students, only
		Get on payroll - graduate students with academic appointments (TA, TF, GSR)
		Learn about the Outside Classroom Curriculum (OCC) - undergraduate students
		Learn about transportation on-campus and around the city

Additional Helpful Information and Resources

Below are links to additional information that may be helpful to you during your time at Pitt.

Getting Settled in Your New Housing

- **On-Campus Housing** - Undergraduate students who have selected to live on campus will be contacted by [Housing Services](#) with details about their residence hall. Check out the Pitt [Residence Hall handbook](#) for more information about living on-campus.
- **Off-Campus Housing** - Students who will live off-campus can find resources for getting settled in your new apartment below:
 - [Office of Off-Campus Living](#) - available apartments, leases, and tenants' rights
 - <https://www.prismpggh.org> - faith-based organization that provides information and activities to new international students in Pittsburgh. A free furniture giveaway is held each August to help students get their apartments set up.

Health care in the U.S. can be very expensive and navigating the health care system can be difficult. Learn more about U.S. health care [here](#). Enrolled students can visit or contact Pitt's [Student Health Services](#) for medical services or questions.



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Maintaining your mental health is very important. Learn more about mental health [here](#), and become familiar with resources available at the Pitt [Wellness Center](#).

Traveling? Click [here](#) to read up on important information regarding international travel, including when and how to obtain a valid travel signature on your I-20 or DS-2019. Information about the visa renewal process can be found [here](#).

On-campus employment is permitted for enrolled students (part-time in fall and spring; full-time in summer). [Click here](#) to confirm the number of hours you may work as an international student, and [click here](#) to learn about student employment at Pitt, including job opportunities.

Off-campus employment is *only* permitted with specific work authorization. See an overview of off-campus employment [here](#). Then read up on [Optional Practical Training](#) for F-1 students and [Academic Training](#) for J-1 students. *Always check* with [your Immigration Specialist](#) before engaging in any kind of off-campus opportunity, including internships and even volunteering.

Students who wish to have their spouse and/or children join them as **dependents** in the U.S. can find information [here](#) about how to invite dependents on an F-2 or J-2 visa.

Students who would like to **invite family members to visit the U.S.** can find information [here](#) about what to provide to their family members to facilitate the visitor visa application process.

Students who earn income in the U.S. must file tax returns each April for the year prior. Learn more about **tax filing requirements** [here](#).

J-1 exchange visitors may be subject to the **J-1 Two-Year Home Residency Requirement (212e)**. Click [here](#) to learn more about this restriction and what it means for changing your immigration status in the future.

Detailed information can be found at the [OIS website](#), including our [Fact Sheets page](#), or in [My OIS](#). To contact your Immigration Specialist with questions, please [email them](#) or [schedule an appointment](#).