
First Week Arrival Guide

First Week Arrival Guide for Indian International Students

Navigate your first days in a new country with confidence

Day 1: Arrival Day

- Immigration & Customs
 - Keep passport, visa, and admission documents readily accessible
 - Be prepared to answer basic questions about your program and duration of stay
 - Complete arrival card honestly and accurately
 - Declare any food items from India (many countries restrict certain foods)
- Transportation to Accommodation
 - Use pre-arranged university pickup if available
 - Have your accommodation address saved offline and printed
 - Use official airport taxis or recommended transport only
 - Download local ride-sharing apps before leaving India
- First Night Essentials
 - Drink plenty of water to combat jet lag and dehydration
 - Set up your bed with linens you packed or purchase basics
 - Locate nearby convenience stores for immediate necessities
 - Connect to Wi-Fi and message family about safe arrival

Day 2: Getting Oriented

- University Check-in
 - Locate international student office and complete registration
 - Collect student ID card and orientation schedule
 - Set up university email and online accounts
 - Tour campus to locate key buildings (classrooms, libraries, cafeterias)
- Mobile Connectivity
 - Purchase local SIM card with data plan
 - Update contact information with university and family
 - Download essential local apps (banking, transportation, food delivery)
- Banking Setup
 - Open local bank account (bring passport, visa, enrollment letter)
 - Set up online/mobile banking
 - Understand ATM locations and withdrawal fees
 - Arrange for fund transfers from India if needed

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Day 3-4: Practical Necessities

- Housing Setup
 - Shop for essential household items
 - Meet roommates and discuss shared responsibilities
 - Locate laundry facilities and understand how they work
 - Familiarize yourself with housing rules and emergency exits
- Health & Safety
 - Register with campus health center
 - Identify nearest hospital and pharmacy
 - Save emergency contact numbers (police, ambulance, campus security)
 - Locate Indian grocery stores for familiar food items
- Transportation Orientation
 - Get student transportation card if available
 - Learn about bus/train routes to campus and key locations
 - Download local transportation apps
 - Consider bicycle options if appropriate

Day 5-6: Academic Preparation

- Class Preparation
 - Purchase required textbooks and supplies
 - Set up study space in your accommodation
 - Connect with academic advisors
 - Review course syllabus and expectations
- Campus Resources
 - Tour library and learn borrowing procedures
 - Locate tutoring centers and writing help resources
 - Find quiet study spaces across campus
 - Explore student recreation facilities
- Cultural Adjustment
 - Join orientation events and welcome activities
 - Connect with Indian student association if available
 - Be open to trying local foods and customs
 - Recognize that homesickness is normal and temporary

Day 7: Social Integration

- Building Connections
 - Attend club fairs and student organization meetings
 - Meet peers from your program and other international students
 - Explore social media groups for your university

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- Consider attending local cultural or community events
- Work Opportunities
 - Learn about on-campus job opportunities
 - Understand work restrictions on your visa
 - Visit career services to learn about resume standards
 - Network with seniors from India for guidance

Quick Tips for Indian Students

- Time Management: Allow for cultural adjustment while staying on top of academic responsibilities
- Food Adjustment: Find the balance between familiar Indian foods and trying local cuisine
- Climate Adaptation: Dress appropriately for local weather (especially if coming from warmer Indian regions)
- Communication: Be aware of different communication styles and classroom participation expectations
- Budget Management: Track expenses carefully as costs may differ significantly from India
- Cultural Norms: Observe local customs regarding personal space, greetings, and punctuality
- Homesickness Strategy: Schedule regular calls with family but also engage fully in local experiences

Emergency Resources

- University International Student Office: _____ (fill in)
- Campus Security: _____ (fill in)
- Nearest Indian Consulate/Embassy: _____ (fill in)
- Student Health Services: _____ (fill in)
- Local Emergency Number: _____ (fill in)

Remember: Every international student experiences adjustment challenges. Be patient with yourself, stay open to new experiences, and don't hesitate to ask for help when needed.