Monday, January 23

9:00a.m.
Morning Coffee
Start your day meeting ISSS staff and other new students while enjoying hot beverages and breakfast pastries

10:00a.m.
Adjusting to U.S. Culture
Moving to a new country is exciting, but also brings challenges and stress. This session prepares you for how different people experience phases of adjustment. You’ll hear from IOLS on their personal experiences.

11:00a.m.
Welcome Session
(J1 Students Only)
Meet ISSS and EA! ISSS Advisors will review important information about maintaining your status and answer your questions. EA will provide an overview about the exchange student process, share resources, and more! This session is required for all exchange students.

Tuesday, January 24

10:00a.m.
Morning Coffee
Start your day meeting ISSS staff and other new students while enjoying hot beverages and breakfast pastries

11:00a.m.
Getting Involved
This session highlights the U.S. campus experience and its focus on developing skills both inside and out of the classroom. We will dive into all the enriching and varied opportunities UMD has to offer for students, from fitness & health, to student organizations, campus events and more.

1:00p.m.
Academic Success
IOLS will share their experiences and advice to prepare you for a successful start to your academic career at UMD

2:00p.m.
F-1 Welcome Session
Q&A Panel Discussion
Attend this Q&A session with ISAB, IOLS and ISSS staff. Come learn more about the F-1 regulations, maintaining F-1 status, and tips for success while in F-1 status at UMD.

3:00p.m.
Afternoon Hot Cocoa/Tea/Cookies
End the day with ISSS staff and other new students while enjoying hot cocoa/tea and cookies.

Register via iTerp