

# PDPI Pre-Arrival Handbook – 2024

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## Welcome!

Congratulations on being awarded the PDPI Scholarship. We feel honored to have been selected to host you and be part of your professional journey.

Traveling to a new country and staying there without family is exciting but can also be a stressful experience. This handbook contains useful information about your program, the city, and the university that can make your transition smoother and your stay more comfortable. Please feel free to talk to us or send us an email if you have any other questions or you need help. We are excited that you are going to study and explore the USA with us. We are sure that your visit will be a great professional and personal experience.

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## Introduction

### Kansas State University

Kansas State University is a community of 3,600-plus faculty and staff and nearly 20,000 students from every state and many countries. K-State was founded in 1863 as the nation's first operational land-grant university, and now has campuses in Manhattan, Salina, and Olathe, as well as our Global Campus, which serves thousands of distance students.

K-State students can choose from more than 250 majors and options in nine colleges, and more than 165 academic programs in the Graduate School. Research opportunities abound for both undergraduate and graduate students, as K-State is home to more than 90 research centers and laboratories.

### English Language Program

The English Language Program is a CEA-accredited program with faculty who hold advanced degrees in TESL or related fields. The ELP is also a member of Education USA and UCIEP (the Consortium of University and College Intensive English Programs). The ELP is committed to quality instruction for both undergraduate and graduate students. The ELP offers five levels of intensive English classes, support courses, and courses designed for special programs. ELP advisors help students with academic, social, and personal issues. The ELP collaborates and works closely with departments on campus to provide transition support for ELP students as they move into their academic programs.

The ELP has been involved in numerous initiatives either as collaborator or main organizer over its 30-year history.

You can find more information about the ELP at our website: <http://www.k-state.edu/elp/>

### Global Education Outreach (GEO)

The Global Education Outreach (GEO) Office is housed within the Department of Curriculum & Instruction in K-State's College of Education. The GEO office aims to grow, promote, and create global programs and opportunities for international educators to expand internationalization. The mission of the Global Education Outreach Office is to be the top provider of international programming to existing and future global partners by taking the vision of Kansas State University College of Education, "Preparing educators to be knowledgeable, ethical, caring decision makers for a diverse and changing world.", to the world. To that end, GEO provides international programming for learners adolescence through adulthood and features faculty and staff with years of experience in international and EFL/ESL education.

You can find more information about GEO at our website: <https://coe.k-state.edu/academics/departments/global-education-outreach/>

## Preparations for this Program

### Visit your doctors before departure!

In the United States, health care is expensive. Even if you have insurance, you will have some expenses if you need to go to the doctor. Therefore, we suggest that you visit your family physician and have a check-up before your departure. Also, most travel insurance does not cover dental care. Visit your dentist and have all your dental problems taken care of before you travel.

### Vaccination Records

1. K-State requires all international students to complete a **Tuberculosis (TB)** screening form. We will give you the form after you arrive. Please be prepared to fill it out and return it the same day.
2. Bring your vaccination records proving that you received two doses of **MMR (measles, mumps, rubella) vaccination**. Your records should be translated into English.
3. Bring your records proving that you received **meningococcal immunization**. If you did not receive it, you will fill out a waiver form during orientation.

### What to Pack

#### Clothing and Weather

Manhattan and Kansas have a continental climate. Summer days can be very hot and humid. The morning temperature is around 60-70 F (18-20°C). The hottest part of the day is usually 5:00 pm, when the temperature can be above 100 F (38 °C). Therefore, most rooms and buildings are air-conditioned, where the temperature is kept at around 72-75 F (22 - 24°C). Thunderstorms occur frequently, mostly in the evening. People usually wear comfortable casual or semiprofessional clothes on campus. It is advisable to wear modest clothing. Based on the information about the local weather, please bring:

- Clothes that you can wear in warm weather: clothes made of thin cotton, shorts, T-shirts, short-sleeve shirts, skirts. Jeans are acceptable.
- Footwear that is comfortable for walking. (You will need to walk 15 minutes from your housing to the classroom.)
- A light raincoat or umbrella.

#### Health Care Items

##### 1. **Pack your prescription medication and over-the-counter medication**

You should bring all the prescription medication you need for your stay because you might not be able to get the same medication in the USA. When travelling, you should have a valid prescription or a doctor's note written in English with the medication. The medication must be in its original packaging.

Also bring the over-the-counter medication that you take regularly (for example painkillers or headache medication). Your insurance does not cover over-the-counter medication.

<https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm484154.htm>

##### 2. **Bring an extra pair of glasses**

Most insurance policies do not cover eye exams and glasses. Bring an extra pair of glasses if possible.

## Documents and Passwords

Most importantly, bring all the official documentation from IIE, CAPES, and K-State, including invitation letters and immigration documents. Write all your email addresses with the passwords and other passwords on a piece of paper and keep the records with you in your **carry-on luggage**. Don't forget to pack your password!

**Important:** Prior departure, check your airlines' weight and size baggage restrictions!

After your arrival, you will have the opportunity to go shopping for school supplies and personal hygiene items and even summer clothes. (You will receive your course books, but you need to have your own paper, pens, pencils, and notebook.)

## Arriving at the Airport

A welcome team will be waiting for you at your flight exit at the Kansas City International Airport (MCI). They will hold a sign so that you can recognize them. A charter bus will drive you to Manhattan and help you get settled in your room on campus.

**Important:** If there is a last-minute change that affects your arrival time, if one of your flight gets delayed, or if you miss your flight, send a message to Katie Barkley right away with the new arrival information so that she can arrange transportation for you. WhatsApp +1-785-532-7324

## Welcome to Manhattan!

Manhattan is situated in the Flint Hills region of Kansas. As the name indicates, this area has rolling hills and you can find the largest uncultivated prairie of North America here. Kansas is also called the Bread Basket of the USA because it produces the largest amount of wheat. Manhattan has a population of 56,000 people. Two major institutions employ most of the people: Kansas State University (KSU) and Fort Riley US Army base. Kansas State University has about 20,000 students. Fort Riley is a large army base about 10 miles (15 kilometers away) from the city, and it is home to about 9,000 soldiers.

## Accommodations

The K-State Housing and Dining Services welcomes you to Marlatt Hall and the Derby and Kramer Dining Centers! Here is some information to help you get settled in your room.

During your program, you will stay in a university dormitory room with beds and desks. You will share the room with 1 other PDPI participant of the same gender, with community bathrooms. The residence halls provide a wireless internet connection. You can find more information about the Marlatt Hall rooms in their website: <https://housing.k-state.edu/living-options/reshalls/kramer/marlatt.html>

It is recommended that you discuss basic courtesy rules with your roommates when you move in to help you acclimate to the new living arrangements and to avoid conflicts. In the USA, quiet hours are usually between 10:00 pm and 7:00 am.

Family members are not permitted to join you at this program.

## Meals

During most of your program, you will have your meals in Kramer Dining Center, which is the closest dining center to Marlatt. Beginning July 28, you will eat your meals in Derby Dining Center, located on the opposite side of campus. Your card will serve as a meal card that you can use once for each meal. The food plan includes 3 meals a day Monday through Saturday, and 2 meals on Sunday (no evening meal.) Meals are served 'buffet' style, or, all-you-care-to-eat. Usually you will find a choice of main dish, vegetables, salads, breads, desserts and beverages. There is always a choice of 2 or 3 meat or meatless entrees. Vegetarian options are always available. Vegan options are often available. The program will provide cash for you to use for Sunday evening meals and meals on cultural trips away from the university.

You can find information about dining hours and menus here: <http://housing.k-state.edu/dining/>

## Transportation

ATA (Flint Hills Area Transportation Services) provides transportation services on campus and in the city. With your bus pass, you can ride the bus during your program for free.

1. The ATA Shuttle connects the campus to the city through a loop that operates from **7:00 a.m. to 7:00 p.m. Monday through Friday, 9:00 a.m. to 7:00 p.m. Saturday**. You can ride the shuttle at any of these stops, in this order:
  - Jardine Apartments (between Frith Community Center and Cornerstone Coffee)
  - K-State Union on campus
  - Aggieville (south east corner of campus, mini-town strip of restaurants, coffee shops, and stores)
  - Manhattan Town Center Mall and Downtown
  - Dollar Tree
  - Walmart

Find the Route maps here: [https://www.fhata.org/files/ugd/056f4d\\_1c4271716df94e458da0afadd7268016.pdf](https://www.fhata.org/files/ugd/056f4d_1c4271716df94e458da0afadd7268016.pdf)

2. **Park 'n' Ride ATA Bus Route** connects the dining center and Jardine apartments through a loop that operates from **7:00 a.m. to 7:00 p.m. Monday through Friday**. You can catch the shuttle at any of these stops, in this order:
  - Jardine Complex: between the Frith Community Center and Cornerstone Coffee
  - Lafene Health Center (across the street from the west side residence halls and Kramer).
  - K-State Union
  - McCain Auditorium (and Fairchild Hall – English Language Program)
  - Holton Hall (Hale Library and coffee shop is right behind Holton)
  - Justin Hall
  - Derby Dining Center and Leadership Studies
  - Leadership Studies
  - Call Hall
  - Recreation Center
  - East Stadium

You can find the detailed map here: [https://www.fhata.org/files/ugd/056f4d\\_1c0a52432c58402fae9a8d0e340e115b.pdf](https://www.fhata.org/files/ugd/056f4d_1c0a52432c58402fae9a8d0e340e115b.pdf)

### 3. ATA Shuttles in Manhattan

There are other routes offered during the week, and there are no buses on Sunday. Each route has a color signal. The buses stop at the designated bus stops and run according to a fixed schedule. There are no shuttle rides on Sunday. You can view routes online at the sites above, and you can download the TRANSIT app on your phone

### 4. Traveling with K-State Vans

During your stay, ELP staff members and Student Ambassadors will drive you in KSU vans to scheduled cultural activities and fieldtrips. All the drivers have special van certification. Some trips will be taken by school bus or charter bus.

### 5. Traveling during Free Weekends

If you are planning to rent a car, find some tips in the main website of K-State International Student and Scholar Services: <http://www.k-state.edu/iss/resources/transportation.html>.

#### Important Traffic Rules in Manhattan:

- Always buckle your seatbelt when you travel by car, even if you are a passenger.
- Texting and talking on the phone is forbidden while driving.
- Driving under the influence of alcohol is forbidden.

### Health Insurance and Health Care Services in Manhattan

You will have CISI Health insurance provided by IIE. This insurance is accepted by many physicians in the area and by the emergency clinics. Also, you can visit the university's Lafene Health Center in case you have to visit a general practitioner.

Even though you have health insurance, you need to pay copayments, deductibles, and out-of-pocket expenses. As mentioned above, your insurance might not cover dental care, vision care, and over-the-counter medication.

#### What to do if you get sick?

1. If you catch a cold, you can buy over-the-counter medication. Major stores (Wal-Mart, Target, Dillons, Hy-Vee, Walgreens) have pharmacies. Over-the-counter medications are **not** covered by insurance.

#### 2. Lafene Health Center:

If you get sick during the week, and you need to see a doctor, you should make an appointment with the university's student health care center. While making the call, you should tell your symptoms openly so that you can see the doctor as soon as possible. If you are hesitant to call a doctor, ask Katie or other staff members for assistance.

Hours: Monday-Friday: 7:00 – 5:00 pm

Address: 1105 Sunset Ave, Manhattan, KS 66502

Phone: **(785) 532-6544**

Please check out the health center link to learn about available services: <https://www.k-state.edu/lafene/>

### 3. Urgent Care Clinics

If you need to see a doctor in the evening or during the weekend, you can choose to visit an urgent care facility. These facilities are cheaper than hospital emergency care. They are open till 7:00 pm daily except on Sundays (till 6:00 pm)

- **Manhattan Urgent Care** (Open daily 8am-8pm, except Sundays 10am-3pm)  
1404 Beechwood Terrace Suite C & D, Manhattan, Kansas 66502  
(785) 320-6770  
This facility is the closest to Jardine, and close to West Loop Shopping Center
- **K-STAT Urgent Care PA** - (This facility is close to Walmart. The shopping shuttle takes you there. It is open till 7:00 pm from Monday to Saturday and till 6:00 on Sunday)  
930 Hayes DR B, Manhattan, KS 66502  
(785) 565-0016
- **Xpress Wellness Urgent Care** (This facility is also close to Walmart. It is open until 8:00pm daily, and 1:00pm until 7:00pm on Sunday.  
435 McCall Road, Manhattan KS 66502  
(785) 669-4152

### 4. Via Christi Hospital

In case of an emergency, call **911** for an ambulance. Or visit the emergency room. You will be charged at least \$550 for an emergency room visit unless you are admitted for an overnight stay.

1823 College Avenue, Manhattan  
785-776-2800

## Communication - Mobile Phones and Wireless Networks

**Wi-Fi access** will be available in nearly all campus buildings, so it may still **be possible to send and receive messages on your mobile device** when it is connected to the Internet without purchasing any additional services. Previous program participants used either **WhatsApp** or **Facebook Messenger** with success. There are also many other apps (Snapchat, Telegram) that you might try.

### Wireless networks:

**KSU Guest** is available across campus. You will need to accept terms and conditions every 8 days.

## Activities and Events on Campus and around Manhattan

- Check out what you can visit in the city and its vicinity: <http://www.k-state.edu/admissions/life/manhattan.html>
- Sports fans can attend a game: [Kansas State University Athletics - Official Athletics Website \(kstatesports.com\)](http://kstatesports.com)
- You can attend events in the city: <http://www.manhattancvb.org/>
- You can attend events on campus: <http://www.k-state.edu/calendar/>

During your stay, you will receive updates about activities and events that you can attend.

## Recommended Regional Destinations for your Free Weekends

Manhattan, Kansas is located in the center of the continental United States. You may choose to fly to cities farther way such as Dallas or Chicago, but locations closer to Manhattan that you might want to visit instead include:

### Shorter Trips:

- [Abilene: Eisenhower Museum](#)
- [Hutchinson, Kansas: Stratataca](#) (salt mine), [Cosmosphere](#)
- [Wichita, Kansas](#): the largest city in the state of Kansas

### Longer Trips:

- [Omaha](#) and [Lincoln](#), Nebraska
- [Chicago, Illinois](#)
- [Kansas City](#)
- [Saint Louis, Missouri](#)
- Colorado: [Denver](#), [Rocky Mountain National Park](#)
- [Dallas, Texas](#)

## Important Program Dates

You will receive detailed information about orientation and a detailed schedule of activities upon arrival.

In case of inclement weather, scheduled field trips will be cancelled and rescheduled if possible.

Friday, June 28	Arrival at Kansas City Airport; Drive to Manhattan, Kansas; Housing Orientation
Saturday, June 29	Orientation and Welcome, Campus Tour, Wal-Mart Shopping Trip
Sunday, June 30	Welcome Dinner
Monday, July 1	Class Orientation, Arrival validation on IIE Self-Service Porta
Tuesday, July 2	First day of classes
Thursday, July 4	Independence Day celebration in local community
Saturday, July 6	Junction City Freedom Fest
Saturday, July 13	Cultural trip to Kansas City: Nelson Atkins Art Museum, Legends Outlet Mall
Saturday, Sunday, July 20 - 21	Free weekend to travel
Saturday, July 27	Cultural trip to Topeka: State Capitol, Brown vs Board of Education National Historic Site
Saturday, Sunday, Aug 3-4	Free Weekend to travel
Wednesday, August 7	Final Presentations and Closing Ceremony
Thursday, Aug 8	Departure

## Academic Program

You will participate in three different courses as part of your program, as well as meet in small groups and individually with faculty mentors. The courses and mentoring component were designed to meet the program requirements. The program requires 180 hours of coursework and activities. Therefore, you must attend the classes, work on assignments, and participate in school visits and workshops to receive the program certificate. If you are ill or have had an accident, contact Katie Barkley and notify your teachers.

### U.S. History and Culture through Film

With all the PDPI participants, you will watch films set in different periods of U.S. history and related to different aspects of U.S. culture that shape present day politics and education. This is an integrated skills course, so you will study new vocabulary and read about historical periods and cultural topics that support the viewing experience and help you learn content. You will be encouraged to reflect on how the historical and cultural content could be integrated into your own English courses.

### Oral Communication Skills

You will improve your pronunciation, listening, and communication skills by listening to and discussing various topics related to U.S. history and culture. Oral fluency and presentation skills necessary for classroom situations will be emphasized. Two sections of this course will be offered.

### Pedagogical Applications

This course addresses a range of educational concepts and teaching strategies (e.g., backward planning, cooperative learning, digital tools, etc.), and allows participants to develop and practice implementing these approaches in their own classrooms. Additionally, learners hone the language skills required to introduce a lesson topic, communicate expectations, and conduct class activities—as well as conversational moves instructors use as they carry out typical teaching, assessment, and classroom management routes. Activities include school tours and conversations with teachers and administrators.

### Principles of Learning & Teaching

This course highlights the application of psychological principles to the teaching and learning process, with a special emphasis on principles of learning, motivation, information processing, individual differences, and assessment. Participants in this course will obtain practical experiences that are related to classroom organization, management, learning activities, and adolescent development—including how technology can assist teachers and learners (originating with a review of [ISTE standards](#)).

### Homeroom

This time, following lunch most days, will be used to share updates to the schedule, answer questions, and give you time to work on homework.