CTY welcomes hundreds of students from outside the US to participate in our Summer Programs each year. Whether your child is a returning student or new to CTY, we thank you for choosing our Summer Programs as an opportunity for international study. In addition to your Site Information Packet, this document is meant to serve as a guide for you and your family as you plan and prepare for CTY this summer.

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*Please refer to your Site Information Packet for detailed information about these topics.
Visa Information for CTY Summer Program Students

If a student qualifies as U.S. Citizen, U.S. Federal law stipulates the students must use a U.S. passport to enter and depart the U.S., even if they can also claim another nationality.

If a student is currently residing in the U.S. with Legal Permanent Residence status or an appropriate non-immigrant status, no visa is required.

Any other international student admitted to study at CTY who cannot claim U.S. citizen or legal permanent residence is expected to enter the U.S. on an F-1, student visa. This is the only visa type that is appropriate to enter the U.S. for CTY study. The Johns Hopkins University has received authorization from the U.S. Department of Homeland Security to issue the I-20 Visa Certificate Form to obtain the F-1 status. The JHU Office of International Services strongly recommends the F-1 status for all students. The decision is ultimately yours. JHU will not be responsible for any issues that might occur when entering a U.S. port of entry under any other visa/waiver status.

Please Note: CTY’s summer programs are considered a full time academic program. Entering the U.S. with a visitor visa (B-1/B-2) or under a visa waiver is not appropriate and CTY will not be responsible for legal consequences encountered by a student attempting to enter the U.S. as a visitor. Beware of U.S. consuls who may suggest these as alternatives under the incorrect impression that the CTY program is a “summer camp.”

Visit [http://cty.jhu.edu/summer/enrolled/international.html](http://cty.jhu.edu/summer/enrolled/international.html) to learn about the visa process

JHU’s Office of International Services (OIS) will contact you within 5 days of receiving your course assignment to begin the process. Follow their instructions to complete the CTY Application for I-20. Complete no later than April 15 for Session 1 and May 1 for Session 2. Complete requests may take up to 2 weeks to process.

Contact the JHU Office of International Students if you have questions about visas. Please use the address [ois-cty@jhu.edu](mailto:ois-cty@jhu.edu) or call 667-208-7001 only for visa or immigration related questions.
**Travel Arrangements**

**Jet Lag**
CTY students have very busy schedules once they arrive on site. To minimize the effects of jet lag, the following tips are recommended by the U.S. Centers for Disease Control and Prevention (http://wwwn.cdc.gov/travel/yellowbook/2016/the-pre-travel-consultation/jet-lag).

Before travel
- Exercise, eat a healthful diet, and get plenty of rest.
- A few days before you leave, start going to bed an hour or two later than usual (before traveling west) or earlier than usual (before traveling east) to shift your body’s clock.

During travel
- Avoid large meals and caffeine.
- Drink plenty of water.
- On long flights, get up and walk around periodically.
- Sleep on the plane, if you can.

After you arrive
- Eat meals at the appropriate local time.
- Spend time in the sun.
- Drink plenty of water, and avoid excess caffeine.

**Medical Information**

Your Site Information Packet includes detailed information about medical care at your child’s site, as well as information about the required medical form. The CTY Medical Form must be completed for your child to participate in the summer programs. The form is available online by accessing your MyCTY account. Your child may need to get vaccinations, Tuberculosis (TB) testing, or have a physical exam. Please note that any attached medical documentation must be translated into English.

As you complete the medical form, if you need information about medication names and descriptions, visit https://www.nlm.nih.gov/medlineplus/.

**Tuberculosis (TB) Screening**
Please read the Tuberculosis (TB) Screening Questionnaire section of the CTY Medical Form and complete the TB Screening Questionnaire to determine whether your child needs to be tested for TB. Follow the instructions carefully.

TB testing requirements are based upon a student’s history of prior testing for TB and where a student has lived or traveled for four or more consecutive weeks. The form lists countries that are defined by the World Health Organization as having a high incidence of TB. Testing, if required, must be completed 6 months or fewer prior to the student’s arrival to the program.
Immunizations (Vaccinations)
Please carefully read the Immunizations section of the CTY Medical Form found in your MyCTY account and note which vaccinations are required and which are optional. If your child has not had the required vaccinations, he or she must be vaccinated by your physician before coming to CTY.

Medications
In order to maintain a safe environment for students and follow local regulations, CTY has strict policies for handling, distributing, and storing medications. Students are not permitted to keep any medications, whether prescription or nonprescription, including vitamins or herbal supplements, in their possession. Upon arrival at the site, students must turn in all medications to CTY staff unless the medication is for emergency use (e.g., rescue asthma inhalers and epinephrine auto injectors). All nonprescription medications also must be in their original containers with dosage instructions written in English.

For the complete policies regarding medication, please read your Site Information Packet and refer to the Policies and Guidelines on the Medical Forms page of your MyCTY account.

Health Insurance
We recommend that you check with your health insurance provider to make arrangements for coverage while your child is attending CTY Summer Programs. The parent or guardian who signs the CTY Medical Form is responsible for all costs incurred as a result of medical care provided, including the cost of prescription drugs. CTY does not provide medical insurance of any kind for students. CTY will invoice families through their CTY student account for any charges that result from medical treatment received during the session. Be aware that some trips to medical offices can be very pricey with no insurance coverage, thus, it is recommended you check into your insurance policy’s coverage while in the United States or purchase travel insurance.

If your regular health insurance provider does not provide coverage for your child while abroad, consider purchasing short-term coverage. Provided below for your reference are three agencies that provide short-term coverage. CTY does not endorse particular agencies.

CISI: www.culturalinsurance.com
The Gateway Plans: www.gatewayplans.com
Seven Corners: www.sevencorners.com

Students with Learning, Physical, or Medical Disabilities or Needs
If your child has a learning, physical, medical, classroom, or special needs and accommodations or supports will be needed, please complete an online Request for Accommodations form available in your MyCTY account. Click on “Accommodations for CTY Programs and SCAT/STB Testing,” review the terms, and then click “Request/Review Accommodations via CTY’s Accommodate.” If you aren’t sure if your child requires extra support/accommodation email cty-disabilities@jhu.edu with your child’s name and Student ID number. CTY does not discriminate against students with disabilities and works to make reasonable accommodations to meet students’ needs.
**Students Attending CTY Day Sites**

(Alexandria, VA; Baltimore, MD; Sandy Spring, MD; Los Angeles, CA; La Jolla, CA; New York at The Speyer Legacy School; Portola Valley, CA). If your child will be traveling from overseas to attend one of our day site programs, please remember that **housing is not provided** for students or parents/guardians. However, the Site Information Packet for most day sites contains an updated list of hotels near your child’s site along with contact information. Please use this list to make necessary housing accommodations.

Culture shock is a natural part of traveling abroad and experiencing a new or different culture. Some of the effects of culture shock on students include sleeping difficulties, anxiety, difficulties with concentration, depression, homesickness, isolation, and irritation with the host culture. The CTY staff and administrators at the site are available to help students adjust to the academic program. We encourage students and parents to communicate with the site staff whenever there are concerns or issues. At each site, there is an academic counselor available to help students with social and emotional issues. Call or email the site office if you need to speak with the academic counselor.

It is also a good idea discuss with your child some ways to cope and try to prepare them for the experience abroad before the summer. Some good online resources on studying abroad and culture shock are provided below:

Factors Important to Successful Intercultural Adjustments [http://www.worldwide.edu/travel_planner/culture_adjusting.html](http://www.worldwide.edu/travel_planner/culture_adjusting.html)

**Transition to CTY and the English Immersion Classroom**

For students participating for the first time at CTY or who are non-native English speakers, the CTY summer program involves a transition into a new academic and social setting. In preparation for the program, talk your child, with school personnel and professionals knowledgeable about your student, or contact the CTY program manager or assistant program manager listed in your Site Information Packet to discuss strategies to prepare your student for the CTY experience. These are some specific aspects of the program that students may find new and challenging:

- being in small classes (15-18 students) where active student participation is expected.
- speaking English 100% of the time, inside and outside the classroom.
- encountering others with very different opinions, living styles and cultures.
- experiencing a learning environment where students do not receive grades.
Before Traveling Checklist

- Read your CTY Site Information Packet (available on MyCTY).
- Respond to the emails from JHU’s Office of International Services to complete the Visa process (before April 15 for session 1 or both and May 1 for session 2)
- Book your flight after receiving your visa.
- Complete and submit your child’s Medical Form (via MyCTY).
- Make arrangements with your regular health insurance provider about coverage for your child while abroad or consider purchasing short-term coverage.
- Keep copies of your child’s key travel documents for your records (passport, visa, I-20 visa certificate, SEVIS Form, F-1 visa stamp, flight information, and contact list).
- Ensure your child carries with him/her (not in his/her check-in luggage) originals and a copy of the travel document documents. Your child cannot use copies of travel documents to cross the U.S. border.
- Keep a copy of the medical form for your records and take a copy with you on registration day.

Contact Information for CTY

Questions about Visa? Call +1-667-208-7001 or email ois-cty@jhu.edu
Questions about Courses? Call +1-410-735-6108 or email ctyregsumm@jhu.edu
Questions about Registration? Call +1-410-735-6108 or email ctyregsumm@jhu.edu
Questions about Payment? Call +1-410-735-6066 or email ctyar@jhu.edu
Questions about Talent Search? Call +1-410-735-6220 or email ctyinfo@jhu.edu

Questions about your summer program Site? Until the site opens (the Monday before students arrive), contact the site program manager or assistant program manager for your site. See the front page of your Site Information Packet for phone numbers and email addresses.

After the site is opened, contact the site directly. On the Monday before students arrive, site phone numbers and email addresses will become available on our web site (www.cty.jhu.edu/summer) or by calling +1-410-735-6277 (Mon-Fri only).