



# LAMAR UNIVERSITY

MEMBER THE TEXAS STATE UNIVERSITY SYSTEM™

## International Exchange Fact Sheet 2024-2025

# Welcome to Lamar University!

Lamar University—located near Houston in Beaumont, TX—is home to over 17,000 students and is among the fastest growing Texas colleges and universities. Lamar University is a member of the Texas State University System and offers more than 100 programs of study leading to bachelor's, master's and doctoral degrees, providing exchange students the opportunity to take a variety of courses across many majors.

Beaumont enjoys a lush, subtropical climate that encourages year-round activity on land, lake, and gulf. Although you CAN grab your cowboy hat and boots and go out for a night of country line dancing, this is not the hilly, dry Texas of your imagination: miles of beautiful coastline rim the greater Beaumont area. People throughout the Southeast Texas region enjoy live music and entertainment in the Downtown Beaumont Cultural Arts District, classic cinema at the historic Jefferson Theater, and a diverse range of museums such as the Texas Energy Museum, the Art Museum of Southeast Texas, and the Fire Museum of Texas where you can take a picture in front of a 24-foot fire hydrant. If you enjoy exploring the great outdoors, you can kayak the Neches River at The Big Thicket National Park or relax on one of the many beaches along the Texas Gulf Coast.

Beaumont rests on Interstate 10, providing easy access for day or weekend trips. A 90-minute trip westbound on Interstate 10 will take you to Houston—the third largest city in the United States—where you can visit the world renowned Space Center of Houston or Minute Maid Park, home of the 2017 and 2022 World Series Champions the Houston Astros. Louisiana, our neighbor to the east, offers opportunities to experience French and Cajun culture. Traveling eastbound on Interstate 10 will take you to New Orleans, one of America's oldest cities, founded by the French in 1718. In New Orleans you can indulge in gumbo, etouffee, or boiled crawfish and enjoy live jazz music in the French Quarter. These cities are also accessible via the Amtrak train which has a station near the university campus.

## Contact Us

Ms. Anh Phan

Assistant Director of Study Abroad and Student Exchange

[studyabroad@lamar.edu](mailto:studyabroad@lamar.edu)

(409) 880 - 7013



# Application Procedure

Inbound exchange students will need to complete and submit the following items to Ms. Anh Phan at [studyabroad@lamar.edu](mailto:studyabroad@lamar.edu). Please find additional information on our website [Incoming Exchange Students](#).

- ☐ [International Short-Term Exchange Student Application](#)
- ☐ Home university transcript (in English)
- ☐ Essay of educational intent
- ☐ Course preference list
- ☐ [Visa Maintenance Form](#)
- ☐ Financial Documentation
- ☐ Immunization Form (Proof of Meningitis Vaccine and Negative TB Test in English)
- ☐ Passport (Color copy of biographical page)



After your nomination and acceptance to Lamar University, you will need to apply for an exchange visitor visa. A designated officer from Lamar University will issue and email you a DS-2019 form to you. To initiate this process, please complete the Visa Maintenance Form and provide a bank statement showing you have sufficient funds to pay educational and living expenses for the duration of your exchange program. These should be submitted with your application to the Office of Study Abroad. Find more information on our [Incoming Exchange Students](#) page on our website.

All exchange students whose first language is not English and who have not studied exclusively in English must submit official TOEFL or IELTS scores to Lamar University. Those scores are TOEFL 550 (paper-based), 213 (computer-based), or 79 (internet-based) or IELTS 6.5.

## Nomination Deadlines

Fall Semester - March 15  
Spring Semester – August 15

## Application Dates

Fall Semester – April 15  
Spring Semester – September 15

*GPA requirement for incoming  
undergraduate exchange  
student – 2.5*

## Health Insurance

Health insurance is mandatory. Exchange students are encouraged to purchase the Lamar University insurance plan managed by Academic Health Plans (AHP). The 2024-2025 policy cost is \$1,149.00 per semester. You can find more information on our website: <https://lamarintl.myahpcare.com/>

Students who prefer to purchase a different insurance plan must have that plan approved during the waiver period (<https://lamar.myahpcare.com/waiver>). The Fall waiver period is August 1<sup>st</sup> until the first day of class. The Spring waiver period is January 1<sup>st</sup> until the first day of class. Insurance plan regulations are very strict. Your alternative plan may not be approved. The AHP plan is very good and worth the expense.

## Immunizations

All new students under age 22 who attend on-campus classes must receive a vaccination against **bacterial meningitis** that is within 5 years. New international students must also complete the university's **tuberculosis (TB)** testing policy. The Lamar University immunization policy can be found online at <https://www.lamar.edu/students/student-affairs-strategic-initiatives/student-health-center/medical-services/immunizations.html>

**You must complete your immunizations before registering for class!**

# Course Registration

After you have been accepted to Lamar University, the Office of Study Abroad will contact you about your semester course registration. The course preference list you submitted along with your other application materials will help us plan your schedule. Undergraduate exchange students must enroll for at least 12 credit hours per semester. Graduate exchange students must enroll for at least 9 credits at the graduate-level, or 12 total credits if they are taking a mix of undergraduate and graduate classes. You may take an “elective” outside of your field of study, but the majority of courses in your schedule must be in your academic major area. J-1 students must be registered for a “full course of study” and online courses do not count towards full-time enrollment. Courses ending in 48 F are online. The Office of Study Abroad handles all changes to your course schedule. You can request changes through the first two days of class after the semester starts.

## Arrival Information

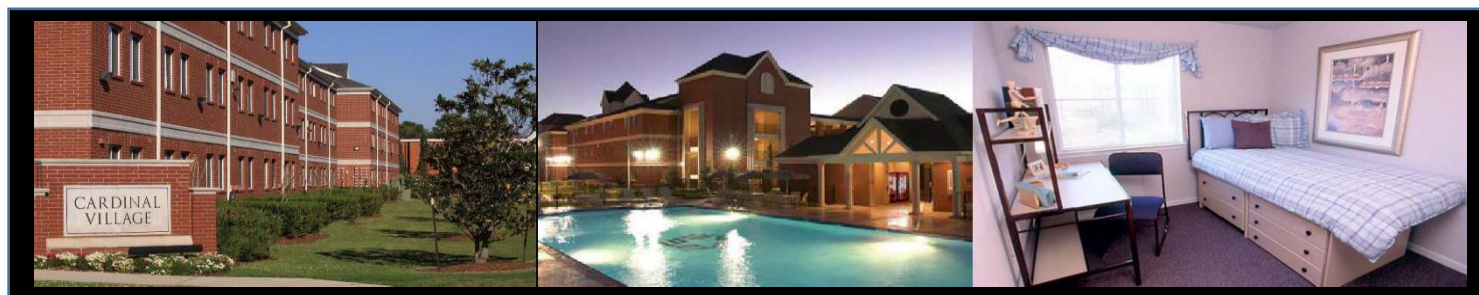
Please visit the [Office of International Education and Services' website](#) for more information about traveling to the U.S. Our office will provide more information on arrival to campus when you near your departure date. George Bush Intercontinental Airport (IAH) is a large airport served by many international carriers. The airport is located about 90 minutes from campus in Houston, TX.

	Fall Term 2024	Spring 2025
<b>Arrival Date</b>	August 8 <sup>th</sup> – 14 <sup>th</sup> (approx.)	January 3 <sup>rd</sup> – 8 <sup>th</sup> (approx.)
<b>Orientation</b>	August 15 <sup>th</sup> – 16 <sup>th</sup> (approx.)	January 9 <sup>th</sup> – 10 <sup>th</sup> (approx.)
<b>Class Start &amp; End Date</b>	August 22 <sup>nd</sup>	January 16 <sup>th</sup> – May 15 <sup>th</sup>
<b>Final Exam Dates</b>	December 4 <sup>th</sup> – 11 <sup>th</sup>	May 9 <sup>th</sup> – 15 <sup>th</sup>

Visit the Lamar’s [Academic Calendar](#) for more information.

## Housing

Exchange students will live on campus in the apartment style residence halls. There are five residence halls on campus. [Learn more about campus housing here.](#)



## Exercise and Recreation

At Lamar University, you will have full access to the Sheila Umphrey Recreational Sports Center. The recreation center includes a fitness center, indoor track, indoor soccer court, multipurpose court, game room, racquetball courts, fitness and indoor cycling studios, basketball courts, climbing wall, and an indoor pool. There are also morning and afternoon group fitness classes during the week. The recreation center is fully air conditioned, allowing you to exercise and enjoy your recreational time away from the Texas heat.

# Local Transportation

Lamar University's campus is a pedestrian friendly space, and students are able to walk across campus easily. There is an on/off campus bus which operates on campus and within a two-mile radius of campus on weekdays. On the weekends, the shuttle bus operates trips to Wal-Mart, where students can purchase groceries, clothing, personal hygiene items, school supplies, and a variety of other items. Find more information on local transportation [here](#)!

We are excited to have you on board. Go Cardinals!

Connect with us on [Facebook](#) and [Instagram!](#)