

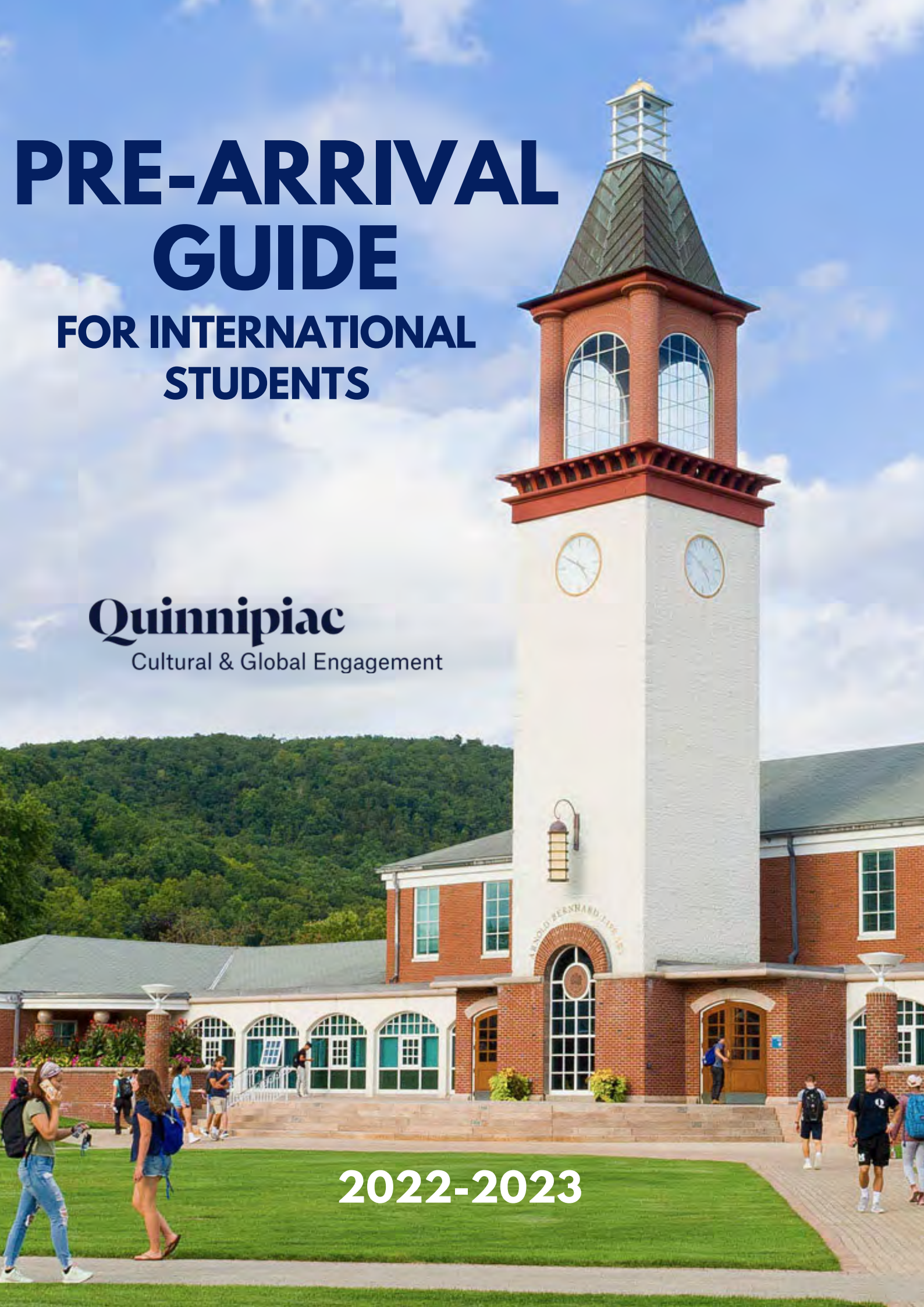
# PRE-ARRIVAL GUIDE

## FOR INTERNATIONAL STUDENTS

**Quinnipiac**

Cultural & Global Engagement

**2022-2023**





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# INTRODUCTION

Welcome to Quinnipiac University! We are looking forward to your arrival to the QU community and helping you prepare for this experience. In addition to settling in and preparing to begin your studies, you will also be adjusting to and living in a culture that may be quite different from yours. This handbook is designed to answer some of the questions you may have prior to arriving at Quinnipiac. We strongly recommend you read it carefully and keep it for future reference. The Department of Cultural and Global Engagement is here to help with your questions. We are looking forward to meeting you and helping you to become part of our global Quinnipiac family.

## DEPARTMENT OF CULTURAL AND GLOBAL ENGAGEMENT (DCGE)

In an atmosphere that embraces cultural diversity and encourages inclusive excellence, the Department of Cultural and Global Engagement provides programs, services, and immigration support, to assist and educate international students and scholars in their transition to U.S. society and academic culture. The DCGE is the hub for immigration and cultural adjustment questions for students on campus. To ensure student and institutional compliance with federal regulations, the DCGE's International Student Services provides professional expertise on immigration and employment issues while also promoting the academic, professional, and personal growth of international students.

A sample of the services that the DCGE offers:

- Immigration matters, including visa regulations and travel guidance
- Cultural events and exchange opportunities
- Connection to resources at Quinnipiac and the local community
- Support with applications for a CT driver's license, social security number, work authorizations, and more.

### CONTACT US



[international.student@qu.edu](mailto:international.student@qu.edu)



+1-203-582-5215



[International Student MyQ Page](#) (QU Login Required)



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# PREPARING FOR YOUR ARRIVAL

After you have been accepted to Quinnipiac University, you will receive instructions to obtain your immigration document, an I-20 for F-1 Students or a DS-2019 for J-1 Exchange Students or Scholars.

The I-20 for F-1 Students and DS-2019 for J-1 Exchange Visitors are important documents that you should keep safe, as you will need it throughout your time as an international student. I-20s will be sent electronically to F-1 students. When you receive it via email, print it and sign it in the Student Attestation section of Page 1. If you are under 18 years old, your parent or guardian should also sign. The DS-2019 will be sent to J-1 students by mail.

The DCGE can answer any questions you may have about how to apply for your visa and prepare for your travel to the U.S. to begin your studies Quinnipiac.



## PAYING THE SEVIS I-901 FEE

The SEVIS fee must be paid online after you obtain your I-20 or DS-2019 Form from Quinnipiac University. You will need information from the I-20 or DS-2019 to pay the fee. The I-901 SEVIS Fee is mandatory and must be paid before you enter the United States.

In order to pay the I-901 SEVIS fee, all prospective F or J students will need to provide their:

- Name, address, date of birth and email address
- Country of birth and country of citizenship
- School Code as listed on the I-20 or DS-2019
- SEVIS Identification Number as listed on the I-20 or DS-2019

This fee must be paid at least three days prior to:

- The F-1 or J-1 visa interview at the U.S. Embassy in your home country, or
- Entry to the U.S. for those exempt from the visa requirement (Citizens of Canada or Bermuda applying for the F-1 visa)

The SEVIS Fee can be paid online at [www.fmjfee.com](http://www.fmjfee.com). Be sure to print the confirmation and bring it to your visa appointment and when entering the U.S.

If you are transferring from a U.S. high school or university to Quinnipiac University, you do not need to pay the SEVIS fee again, as long as your SEVIS record will be transferred. F-2 or J-2 dependents do not need to pay the SEVIS fee.

# APPLYING FOR THE F-1 STUDENT VISA

Applicants for student visas should generally apply at the U.S. Embassy or Consulate with jurisdiction over their place of permanent residence. Although visa applicants may apply at any U.S. consular office abroad, it may be more difficult to qualify for the visa outside the country of permanent residence. Citizens of Canada and Bermuda obtain F-1 status at the U.S. port of entry and do not need to complete this process.

## 1. Obtain the I-20 Form (Certificate of Eligibility) and Pay the I-901 SEVIS Fee

## 2. Complete the [DS-160](#)

- The first step in applying for a U.S. visa is the online application DS-160. Access the DS-160 application at the [Consular Electronic Application Center website](#). Watch an overview of the [online application process here](#).

## 3. Schedule a Visa Interview Appointment

- The next step in applying for a U.S. visa is making an appointment at your closest U.S. embassy or consulate. Find your [nearest U.S. Consulate or Embassy](#). At this appointment you will need to present many documents including the Form I-20, SEVIS fee payment receipt, financial support documents, and more. Review the F-1 Visa Application Instructions provided by the DCGE for more specific information about the required documents. [Review these 10 helpful tips](#).

## 4. Prepare for your Visa Interview

- At the visa interview, the consular officer will be able to determine in a few minutes whether you qualify for the visa or not. Under U.S. law, all applicants for nonimmigrant visas, such as student visas, are viewed as intending immigrants until they can convince the consular officer that they are not. You must therefore be able to show that you have reasons for returning to your home country that are stronger than those for remaining in the United States. If you are a prospective graduate or undergraduate student, the interviewing officer may ask about your specific intentions or promise of future employment, family or other relationships, educational objectives, grades, long-range plans and career prospects in your home country.

## SPECIAL NOTES

### Applying for the F-1 Visa Early

The U.S. Department of State has instructed U.S. consulates that they may issue an F-1 visa no more than 120 days in advance of the program start date. However, an application for an F-1 visa can be submitted more than 120 days in advance of the I-20 start date in order to accommodate long processing times but the visa cannot be issued before the 120 day mark.

### Entering the U.S. Early

You may enter the U.S. no more than 30 days prior to the starting date noted on the I-20. If you try to enter the U.S. more than 30 days before the start date on your I-20, you may not be permitted to enter the U.S.

### Enter the U.S. by the I-20 Start Date

You must pay particular attention to the start date noted on your I-20 form, as you must enter the U.S. by this date. If you cannot enter the U.S. by this date, please get in touch with the Department of Cultural and Global Engagement immediately.



# APPLYING FOR THE J-1 VISA

The purpose of the J-1 Exchange Visitor Program is to increase mutual understanding between people of the U.S. and people of other countries through educational and cultural exchanges, thereby strengthening the ties between the nations. There are fifteen different categories under the J-1 visa program. Exchange students will be in a “student” category.

**1. Obtain your DS-2019 Form (Certificate of Eligibility) sent to you by Quinnipiac University.**

**2. Pay the I-901 SEVIS Fee**

Pay the fee online at [www.fmjfee.com](http://www.fmjfee.com) at least 3 days before your visa appointment. Once you pay the fee, print the receipt showing payment.

**3. Apply for an Exchange Visitor J-1 Visa at the [nearest U.S. embassy or consulate](#) in your country of residence.**

On the webpage for your nearest U.S. embassy or consulate, visit “visa information” for instructions about how to make a visa interview appointment, pay the application processing fee, etc. If you are married and/or have children you wish to bring to the United States with you, please contact the DCGE.

**4. Gather the following remaining documents:**

- Passport valid for travel to the United States
- Completed Online Form DS-160, nonimmigrant visa application
- Form DS-2019
- Confirmation of payment of the SEVIS I-901 fee
- 2 inch x 2 inch passport photograph
- Quinnipiac acceptance letter
- Transcript or proof of enrollment at your home institution
- Proof of funding for your stay in the U.S.
- Other supporting documents –check the specific embassy or consulate website

The wait time for an interview and processing for a J-1 Visa varies from country to country and is based on your individual circumstances. Learn more about interview wait and processing times by visiting [travel.state.gov](http://travel.state.gov) and view [Visa Wait Times](#). We encourage you to apply as soon as possible.

## PERIOD OF AUTHORIZED STAY

Your admission to the U.S. is for “duration of status,” that is, for the length of your J-1 status. J-1 status covers:

- Time between initial entry and the start of studies (you can enter the U.S. no earlier than 30 days before the start date on your DS-2019)
- Study period when you are a full-time registered student making normal progress in your degree or exchange program studies
- Optional period of academic training following completion of studies
- 30-day “grace period” after completion of studies, to prepare to depart the U.S. or change to another status.



# Q-START PRE-ARRIVAL CHECKLIST

Students are strongly encouraged to review and follow the Undergraduate or Graduate Q-Start Checklist for admitted students. The summary below highlights some of the important steps needed to make your transition to the Quinnipiac University as seamless as possible.

## QUINNIPIAC USERNAME AND PASSWORD

After you have paid your commitment deposit, you will be sent emails with your username and password. When you log in to your [MyQ portal](#), you will be able to do a number of things including registering for courses and submitting health forms, housing applications, and a photo for your campus ID card. You can visit the MyQ portal here: [myq.quinnipiac.edu](http://myq.quinnipiac.edu).

## STUDENT HEALTH REQUIREMENTS

It is important to complete all necessary immunizations and health requirements in the [Student Health Services portal](#) prior to arrival in the U.S. It is very difficult and expensive to obtain the required vaccinations once in the U.S., and we strongly advise you to complete all medical requirements prior to your travel to the U.S.

## HEALTH INSURANCE

International students must enroll in a U.S. based health insurance while studying at Quinnipiac University. We strongly recommend that F-1 students enroll in Quinnipiac University's Student Health Insurance plan through Gallagher Health. J-1 Exchange Students must enroll in Quinnipiac' student health insurance and are not eligible to seek a student health insurance waiver. You can read more about the insurance plan and enroll in the plan on the [Gallagher site](#).



## PAY YOUR BILL

On the [Quinnipiac OneStop webpage](#), you will find various options for paying your bill, including a service called TransferMate that lets you make international payments to Quinnipiac University in your own currency while receiving competitive foreign exchange rates. If you're an international student or parent you can use this secure, payment method during your online checkout process.

Please note that QU scholarships and assistantships are awarded during the admissions process. If you wish to know more, talk with your admissions counselor.

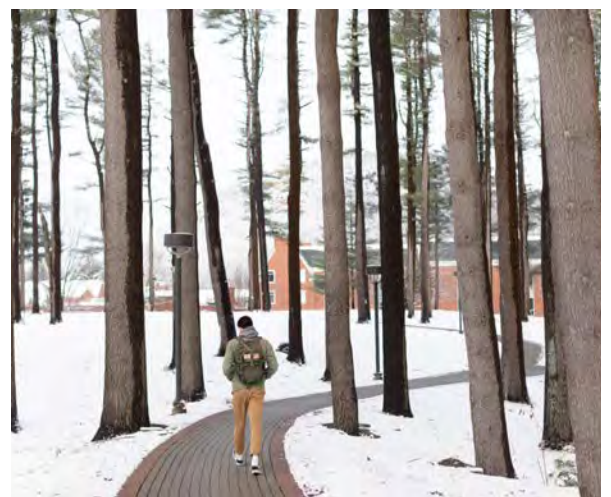
## HOUSING

If you plan to live in Quinnipiac housing, read and sign your Housing Contract on the MyHousing portal on MyQ by the deadline. You can also sign-up for Living Learning Communities (LLC), such as the Multicultural LLC. Once you sign the housing contract, you will get access to the lifestyle questionnaire and roommate selection site.

If you plan to live off-campus and need assistance, please contact the DCGE at [international.student@qu.edu](mailto:international.student@qu.edu) for the Off-Campus Housing Guide and additional support.

## ADDITIONAL PRE-ARRIVAL TASKS

Refer to the Undergraduate or Graduate Q-Start Checklist for additional steps to prepare for your arrival to campus, such as uploading a photo for your QCard, placement tests, course registration. You will also need to complete several educational modules on a variety of topics prior to your arrival.







## PACKING LIST

Current international students have helped prepared this recommend packing list for your journey to the U.S.:

### Carry-On Luggage

- Passport
- F-1 or J-1 visa (except Canadians and Bermudians )
- Printed and signed I-20 or DS-2019
- Printed letter of acceptance from Quinnipiac
- SEVIS fee payment receipt
- Proof of funding for 1 year (bank statements, scholarship letter, etc.)
- Valid International Driver's Permit (if you plan to drive in the U.S.)
- Contact list of important phone numbers
- Completed immunization record and copies of important medical records, X-rays, and prescriptions
- Sufficient funds in U.S. dollars to cover settling-in costs and access to an ATM card or credit card. Upon arrival you should have about \$200 - \$300 in cash to cover such expenses as transportation, lodging, food, and basic supplies.
- U.S. travel adaptors for electronics
- Mobile phone
- A change of clothes, toothbrush/toothpaste, snacks, any required medication (in its original container) and other items that you may need in your first few days. In some cases lost luggage can take a few days to recover, so keep this in mind if there are things that you will need immediately.

### Checked Luggage

- Toiletries
- Appropriate clothing. Pack a reasonable amount of clothing that will prepare you for the weather in Connecticut. You can also buy clothes upon arrival (especially if the climate is very different than your home!)
- You are welcome to bring traditional clothing or other items from your country. There are campus events during the year where you will be able to teach others about your country and culture. Bring familiar objects to comfort you when you are missing home.
- Plan on buying most of your household items (small electrical appliances, bed sheets and towels, cooking and eating supplies) once you have arrived. If you have space in your suitcase, you can bring a set of sheets and towels from home to get started.



# ARRIVAL TO THE UNITED STATES

This section is designed to help answer questions you have about traveling to the U.S. and campus, as well as what you can expect as you proceed through U.S. immigration at your port of entry. Please review carefully as you make your travel plans and again prior to your departure.

## ARRANGING TRAVEL TO THE U.S.

We recommend students wait until they have received their F-1/J-1 visa to make travel arrangements to the U.S. We advise international students to choose New York JFK as their arrival airport because it is the most convenient airport for international arrivals. If you have requested Quinnipiac housing, you will be told what day you can arrive to campus. International Orientation occurs before Welcome Weekend so new international students will be permitted to arrive early so that they can attend the mandatory International Orientation. You will receive this information from the Department of Cultural and Global Engagement. Athletes should communicate with their team to learn the expected arrival date for any preseason training.

The DCGE offers shuttle services for new international students arriving at JFK airport on designated arrival days. Instructions to sign up will be included in a welcome email prior to the fall semester. Regardless of how you plan on arriving to Quinnipiac, prior to your arrival you should contact the DCGE to report your travel dates and arrival time.

If you need to arrive in earlier than your assigned residence hall move-in date, you will need to arrange a place to stay on your own, at your own expense.

## WHAT TO EXPECT AT THE U.S. PORT OF ENTRY

Upon arrival, you will go through immigration inspection, where your electronic I-94 entry record will be created. Be sure to have your passport, immigration document, and the rest of the recommended documents on the packing list. Do not pack them in your checked luggage.

When you arrive at the U.S. port of entry, the Customs and Border Protection (CBP) officer will mainly ask to see your passport, visa, and I-20 or DS-2019, but they may ask to see other documents on the list. The officer may also ask you to answer additional questions about what you intend to do at Quinnipiac or your purpose of travel to the U.S.



## IMMIGRATION CHECK-IN

Upon arrival to the United States, no earlier than 30 days before the program of study begins and no later than the start of classes, all new F-1 and J-1 students must:

- Complete document check-in via the online form provided by the DCGE. Please don't do this before you arrive in the U.S. because a copy of your I-94 arrival record is required.
- Complete the Blackboard course entitled New International Student Orientation before the add-drop deadline.

To ensure proper processing of SEVIS Registration, all international students must upload the following documents to their check-in e-form:

- F-1 or J-1 visa (if applicable)
- Most recent I-94 arrival record (After arriving in the U.S., [visit this website](#) and save the most recent I-94 as a pdf)

## INTERNATIONAL ORIENTATION

DCGE has developed a self-paced online International Student Orientation in Blackboard to help you prepare for your studies and understand your visa status while at Quinnipiac. The International Student Orientation includes a collection of modules that aim to provide you with helpful information, videos, and resources that will get you ready for your studies as an international student at Quinnipiac!

In addition to the Blackboard Orientation, all incoming F-1/J-1 international students, whether or not they have studied in the United States previously, are required to attend the in-person International Student Orientation in August. During the orientation, students will meet other new and returning international students, receive valuable information regarding visa regulations, resources on campus and in the local community, and support getting adjusted to life in the U.S.



# F-1/J-1 VISA REGULATIONS

All non-immigrant international students at the Quinnipiac University must abide by both university policies and federal immigration regulations that govern their stay in the United States. When students sign the Form I-20 or DS-2019, they are agreeing to follow all the rules and regulations governing their F-1 or J-1 status.

The Department of Cultural and Global Engagement (DCGE) assists and advises students on maintaining their status, but the Department of Homeland Security (DHS) considers it the sole responsibility of students to maintain the terms of their F-1/J-1 status. The DCGE will help you navigate the government regulations to avoid pitfalls. These summarized guidelines can assist you and we recommend student carefully review and understand all visa regulations.

## Reporting

- DHS requires student visa-holders check in with their school within 15 days of the start of the semester.
- F-1/J-1 students must report any changes to their address, name, or contact information to DCGE within 10 days of the change.
- F-1/J-1 students must report any changes to their major, program level, or funding source to DCGE within 10 days of the change.

## Academics

- International students must register for and complete a full course of study each semester at the school that issued their I-20/DS-2019. The minimum course load per semester is:
  - Undergraduates: 12 credits
  - Graduates: 9 credits
- Students who do not register for and maintain the minimum credit hours during the fall or spring terms are considered out of status. Summer and January terms are optional.
- No more than one 3-credit online course per semester can count toward a student's full-time course load.

## Employment

- There are strict limitations placed on the F-1/J-1 students' eligibility to work. Working without authorization is a serious violation of status and can lead to the termination of a student's SEVIS record.
- F-1/J-1 students may work part-time on-campus (less than 20 hours per week) while school is in session and full-time during school breaks.
- F-1 students can only work off-campus if they are eligible and authorized for Curricular Practical Training (CPT) or Optional Practical Training (OPT) in advance. J-1 students must be eligible and authorized for Academic Training (AT).
- All other work (whether paid or unpaid) is unauthorized and a violation of F-1/J-1 student status. Engaging in unauthorized off-campus work is grounds for termination of an F-1/J-1 student's visa status.
- Students working on-campus or authorized to work off-campus in a paid position must apply for a Social Security Number by filling out an application with the Social Security Administration. It may take a few weeks to obtain a Social Security Number and card.





## GETTING SETTLED

As you prepare to begin your studies at Quinnipiac University, you will likely have many questions about getting set up with the resources that you need to live and be successful during your studies. In this section, we will provide you with some answers to frequently asked questions international students have before they arrive. If you can't find the answer to your question in this section, please be sure to contact the Department of Cultural and Global Engagement.

## WEATHER IN CONNECTICUT

Hamden's climate is variable throughout the year. [Linked here](#) is a chart that provides average temperatures and precipitation by month to give you an idea of what to expect. It is helpful to dress in layers or have a variety of clothes handy for unexpected heat, cold, rain, or snow. Connecticut's weather is classified into four seasons.

### Fall/Autumn (September–November)

Typically breezy and mild with some rain. Temperatures usually rise during the day and cool down at night.

### Winter (December–February)

Can be snowy and cold or mild. Your winter clothing should include warm sweaters, winter coats, hats, gloves, sturdy snow boots, and thick socks.

### Spring (March–May)

Can be quite rainy, though temperatures are starting to warm up to a milder range.

### Summer (June–August)

Temperatures really start to warm. The early part of the season is mild with sunny days. As the summer progresses, be prepared for hot and humid days.

## SETTING UP A BANK ACCOUNT

Opening a bank account in the United States will be much easier to manage your finances and cheaper than withdrawing money from a foreign bank account. You can also pay your bills online and use debit cards without large international banking fees.

Every bank in the United States offers different services to students. Make sure you read the account information carefully so you're fully aware of what service fees they charge. Most students at Quinnipiac University find it convenient to link their bank account electronically through their ATM debit card. Usually banks will not charge extra fees when you use your bank's ATM. When you use an ATM in a store or at other banks, you may be charged an extra transaction fee. Online account management

and bill payment is standard, so make sure you understand how to set up this important service. Quinnipiac University has [People's United Bank](#) ATMs on campus and there is a branch office located within walking distance to campus.

The Department of Cultural and Global Engagement can provide guidance on how to open a bank and the documents needed once you arrive on campus.



## CELL PHONE OPTIONS

To avoid expensive roaming fees and make communicating within the U.S. easier, it is a good idea to purchase a U.S.-based cell-phone plan.. You have three primary options for cell phone plans:

### **1. Using an unlocked cell phone from home with a U.S. SIM card**

If you have an unlocked phone, [campusSIMS](#) is a great option for purchasing a new SIM card. The University has a supply of campusSIMS cards that you can pick up once you arrive and set up your plan through Mint Mobile via a downloaded app or online. You can also order a campusSIMS card be delivered to your home country [here](#) so you have it prior to arrival.

### **2. Buying a new phone and setting up a pre-paid plan to pay as you go**

### **3. Buying a new phone and setting up a contract plan to pay monthly**

If you have additional questions about setting up a phone plan, please contact the DCGE for more information.



# TRANSPORTATION

Quinnipiac University is conveniently located in the town of Hamden, Connecticut, where there are several transportation options available to students. We encourage you to review the summary below and explore the routes and websites linked to understand how to get where you want to go once you arrive in the U.S.

## SHUTTLES

Quinnipiac University provides a system of shuttles to help students navigate travel quickly between University campuses, local shopping areas, local railroad and bus stations, and downtown New Haven on the weekends. The Shuttle Tracker in the QU app allows you to track the shuttles at any time from your devices. Shuttle services can be found on [MyQ](#).

## PUBLIC BUSES

CT Transit: [cttransit.com](http://cttransit.com)

## TRAINS

- [Metro North](#): New Haven south to New York City
- [Amtrak](#): East Coast corridor Washington, D.C. to Boston; stops in New Haven
- [Shoreline East](#): New Haven east to New London, Connecticut
- [Hartford Line](#): New Haven north to Springfield, Massachusetts

## RIDE SHARE

- Uber
- Lyft

## DRIVING IN THE U.S.

If you plan on driving in the U.S, it is highly recommended that you obtain an International Driver's Permit (IDP) before you leave your home country. You cannot obtain an IDP once in the United States. The IDP allows you to drive in the U.S. for one year before obtaining a CT driver's license and expedites the process. Learn more about requirements for non-U.S. citizens on the [DMV website](#).





## ON-CAMPUS EMPLOYMENT

International students are permitted to work on-campus at Quinnipiac University part-time while school is in session and full-time during the summer and official school breaks.

Employment is limited to 20 hours per week while school is in session. Employment can be more than 20 hours per week during the summer and official school breaks. On-campus employment may only occur between the program start and end dates on a Form I-20 or DS-2019.

If you obtain paid on-campus employment, you must apply for a Social Security Number. For instructions on how to apply, please contact the Department of Cultural and Global Engagement. Remember that there are strict regulations about off-campus employment.

**J-1 students** must receive written authorization from the DCGE prior to beginning on-campus employment.

**F-1/J-1 students** hired for an on-campus position must complete the necessary hiring paperwork with Quinnipiac's Student Employment Office prior to beginning work. The DCGE will assist the hired student with acquiring a Social Security Number.

## WHERE TO FIND ON-CAMPUS POSITIONS

On-campus positions are limited, so on-campus employment is not guaranteed. Most departments will require you to submit an application online, including your resume and cover letter. Some positions may also include an interview.

### To view the available positions:

Students can log onto [MyQ](#) then find Student Employment under the Student Life dropdown to access the Non-Federal Work-Study and Graduate Assistant positions that are available on-campus.

Check this page regularly since job listings change often. Make sure to read the requirements, job descriptions, and application instructions. International students on an F-1/J-1 visa are not eligible for federal work study positions.





## **STUDENT LIFE**

At Quinnipiac, you'll do more than earn a degree. You'll become a part of our vibrant community where students rally around common interests, passions, and causes.

### **GLOBAL PARTNERS PROGRAM**

The Global Partners Program is a fun way to get to know current and new international students along with current domestic students that are interested in helping you transition to life in the U.S. It is a great way to start getting to know other students prior to your arrival to campus. The Global Partners will plan a variety of informal information sessions over the summer that are open to everyone. New students will also be placed into small groups and connected to two Global Partner leaders to help answer your questions and get you excited to join the QU Bobcat family. If you have questions about the Global Partners Program, please contact the DCGE at [international.student@qu.edu](mailto:international.student@qu.edu).

### **FIRST-YEAR IMMERSION PROGRAM**

Research suggests that summer immersion programs help to facilitate successful student transition to university life, improve academic performance, increase retention rates, and lead to on-time graduation. Quinnipiac University has established a First-Year Immersion (QU FYI) summer program for admitted students from traditionally underrepresented and marginalized groups. During this residential program, students participate in social, cultural and academic initiatives and fully immerse themselves into the Bobcat community while laying a solid foundation for future success. If you have questions about the QU FYI program, please contact Daymyen Layne, Director of Multicultural Education at [daymyen.layne@qu.edu](mailto:daymyen.layne@qu.edu).

### **QUEST MENTORSHIP PROGRAM**

The Quinnipiac University Enriching Student Transitions (QUEST) program provides a means for first-year underrepresented students (students of color, international students, and first-generation college students) to connect directly with peer and professional mentors to aid in their success and adjustment to the college environment. The program develops opportunities for students to become acclimated to the campus and the local areas, as well as to develop their personal, academic, social, and cultural experiences through programming and guidance. If you have questions about the QU FYI program, please contact Daymyen Layne, Director of Multicultural Education at [daymyen.layne@qu.edu](mailto:daymyen.layne@qu.edu).



## STUDENT CLUBS AND ORGANIZATIONS

The University has [140 student clubs and organizations](#), including academic, cultural, religious, service, political, and arts. Students can access the [Do You QU](#) website on MyQ for a list of all student organizations and events happening on campus. There is an Activities Fair during the first two weeks of the semester when you can meet the various organization and sign up!

## RECREATION & FITNESS

Ultimate Frisbee, flag football, hiking Sleeping Giant and ice skating in our hockey arena are just some of the ways you can stay active throughout the year. Work out in one of the fitness centers located on our 3 campuses, each fully equipped with free weights, weight-lifting and cardio machines. Run on our suspended indoor track, take a group fitness class like Spinning or Zumba, or practice yoga or Pilates with our certified instructors. You can learn more about intramural and club sport leagues and the fitness centers at [IMleagues](#).

## QU ATHLETICS

Go Bobcats! NCAA Division I athletics is an integral part of the Quinnipiac community, bringing together students, alumni and fans around the world. Students can check out [GoBobcats.com](#) to view the team schedules and rosters, and to buy tickets. Be sure to check out the [student ticket information](#) for discounts.

## DINING AT QUINNIPIAC

Dining halls on our 3 campuses offer choices that represent the global and the familiar, with ingredients that are fresh, sustainable and often sourced locally. Dining options on our Mount Carmel Campus include the main dining hall, Café Q, in the Carl Hansen Student Center, a full-service Starbucks Cafe, handcrafted sushi from Sushi Do, the Au Bon Pain Cafe and Bakery, and the Bobcat Den dining location on Bobcat Way. Each location offers students a variety of culinary options in a relaxing environment. Students can learn more about [meal plans here](#). You can also visit [Dine on Campus](#) for more information about the dining experience at Quinnipiac.