

## Preparing for Yale



As you prepare to depart, you will have many questions about living in New Haven. We recommend you check our resources below for many answers to your questions.

If you will be using the J-1 visa you may want to read the State Department's [Exchange Visitor Welcome Brochure](#) [1].

### Communicate With Your Department

Before coming to New Haven, it is important for you to communicate directly with your host department at Yale regarding your arrival date, and details of how to begin your employment. Please read your Yale job offer letter carefully, and ask your department if you have any concerns about the salary, benefits, lab or office set-up and expectation of work schedule.

### Communicate With OISS

If you do not understand the terms of your work status, or if you still have unanswered questions, please [contact your adviser in OISS](#) [2]. If you ever have any immigration questions, OISS should be your first resource. We are happy to help you understand the complexities of U.S. immigration policies.

You can email your adviser, make an appointment, or come to [OISS virtual drop-in hours](#) [3].

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## Housing Information

[Resources for finding your new home.](#)

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## **Health Care**

[Staying healthy.](#)

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## **Money & Finances**

[Bank accounts, credit cards, taxes, and more.](#)

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## **Transportation & Driving**

[Getting around New Haven and beyond.](#)

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## **Safety Resources**

[Resources and information for staying safe at Yale.](#)

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## [Making Yale Your Home](#)

[Adjusting to your new home.](#)

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## **Packing Your Bags**

[What to bring and what to leave at home.](#)

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## **Getting Connected**

[Wifi and calling.](#)

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### Family

[If you plan to bring your family, check out this section of the site specifically for them.](#)

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Source URL: <https://oiss.yale.edu/getting-started/new-scholars/preparing-for-yale>

### Links

[1] <https://j1visa.state.gov/wp-content/uploads/2022/05/EVP-Welcome-Brochure-2022.pdf> [2] <https://oiss.yale.edu/about/contact-oiss> [3] <https://oiss.yale.edu/about/connect-with-oiss/virtual-drop-in-hours> [4] <https://oiss.yale.edu/getting-started/incoming-scholars/preparing-for-yale/housing-information> [5] <https://oiss.yale.edu/getting-started/new-scholars/preparing-for-yale/health-care> [6] <https://oiss.yale.edu/getting-started/new-scholars/preparing-for-yale/money-finances> [7] <https://oiss.yale.edu/getting-started/new-scholars/preparing-for-yale/transportation-driving> [8] <https://oiss.yale.edu/getting-started/new-scholars/preparing-for-yale/safety-resources> [9] <https://oiss.yale.edu/getting-started/new-scholars/preparing-for-yale/making-yale-your-home> [10] <https://oiss.yale.edu/getting-started/incoming-scholars/preparing-for-yale/packing-your-bags> [11] <https://oiss.yale.edu/getting-started/new-scholars/preparing-for-yale/getting-connected> [12] <https://oiss.yale.edu/getting-started/family>