

# UVM

University of  
Vermont



The University  
of Vermont



---

## About the Host Institution

UVM's academic program combines faculty-student relationships most commonly found in a small liberal arts college with the resources of a major research institution. The university is home to 10,081 undergraduates, 1,360 graduate students, 457 medical students and 1,556 full- and part-time faculty. UVM is located in beautiful Burlington, Vermont, America's #1 College Town for both travel and leisure. Burlington is scenically located on the shore of Lake Champlain.

### Location:

Burlington, Vermont, United States

### AUS Requirements/Eligibility:

1. Sophomores encouraged to apply; must have at least 60 credits by program start date
2. Must not be in graduating semester (last semester).
3. Must have at least a cumulative GPA 3.0 or above.

### AUS Placement Availability and Likelihood:

Please be aware that spaces in this program may be limited, and the number of spaces available for AUS placements will vary from semester to semester. That means that sometimes, access to these spaces will be competitive based on your cumulative GPA, Essay, Reference Letters, and other considerations. AUS International Exchange Office (IXO) will try to accommodate your first choice placements wherever possible, but you should always list several programs in your application, in case space is not available in your first choice university.

### Length of Stay:

One or two semesters.

---

## Courses

**CAS:** Students may register for any CAS courses. However, some courses may have certain restrictions. Be sure to contact the host university for further information on whether or not a course may be restricted to you.

**CEN:** The following engineering programs at UVM have ABET-Accreditation: Civil Engineering, Electrical Engineering and Mechanical Engineering.

**SBA:** UVM's Grossman School of Business is AACSB-accredited. Students are encouraged to take their general education (humanities, etc.), free electives and Business electives (MJR or MIN electives). Students can take major or required courses during their study abroad semester after getting the approval from SBA at AUS. For more information on the courses please visit: <http://www.uvm.edu/business>.

### AUS Course Approval:

Upon getting the placement from IXO, students should plan on working on their [AUS Course Permission Form](#) and get their classes approved by the department's designated approver for the courses that will be taken abroad. Upon approval, students would be provided with the grades required to transfer credits. Students must achieve the minimum grade as indicated on the form to receive course credit (requirements for credit transfer vary by program).

Each study abroad case is subject to approval.

### Program Fees and Costs:

Exchange students pay AUS tuition fees for the full course load (12-16 credits) in addition to Student Activities fees. Any additional costs including housing, lab fees, meal plans, books and insurance will be paid directly to the host university.

---

### AUS Financial Grants and Scholarships:

AUS students on grants/scholarships must obtain approval from the Office of Financial Grants and Scholarships before starting a semester abroad at a host university. In cases where the AUS student pays tuition directly to AUS for study abroad, the student will continue to use their AUS grants and AUS-funded scholarships for that semester abroad. These students should speak with the Financial Grants and Scholarship Manager for more information [scholarship@aus.edu](mailto:scholarship@aus.edu).

### AUS Sponsored Students:

Students sponsored by external organizations that are in partnership with the AUS Sponsorship Liaison Office will be responsible for asking permission with their sponsor. A Letter to the Sponsor is available from the International Exchange Office. Please contact [ixo@aus.edu](mailto:ixo@aus.edu).

### Housing/Accommodation:

Exchange students are expected to live in UVM residence halls. Costs vary by exchange agreement, and students should consult their home institutions to understand what is covered at UVM. If you have any special housing or meal needs, you should notify the OIE when you accept your placement. Exchange students need to complete a Housing and Meal Plan Contract with the Office of Residential Life. Visit <https://www.uvm.edu/~rlweb/> to learn more about your housing options and [https://www.uvm.edu/reslife/living\\_campus/dining\\_services](https://www.uvm.edu/reslife/living_campus/dining_services) for more information about dining plans is available from UVM Dining Services. Students will not be notified about housing placements until one or two weeks before arrival.

### Visa:

Students must apply to the US Embassy/Consulate to obtain their J1 Exchange Visitor Visa. They must make an appointment and follow up with the required documentation, such as the letter of acceptance and bank statement. See <https://travel.state.gov/content/travel/en/us-visas/visa-information-resources/forms/ds-160-online-nonimmigrant-visa-application.html> and <https://ceac.state.gov/ceac/> for complete information on Visa application process. After you receive your DS-2019, you will need to pay your SEVIS fee and obtain your J-1 student visa. Plan ahead! It can take several weeks or even months to schedule an appointment and receive your visa.

### Health Insurance:

UVM international students are automatically enrolled in UVM's Student Health Insurance Plan to learn more visit [https://www.universityhealthplans.com/letters/letter.cgi?group\\_id=227](https://www.universityhealthplans.com/letters/letter.cgi?group_id=227). Some exchange students have health insurance through their home university or through another organization. Please see J-1 Health Insurance for more information about minimum coverage requirements and how to waive enrollment in UVM's insurance. J-1 students must meet US Department of State insurance standards. Exchange students are required to provide proof of a verifiable insurance plan comparable to UVM's or will be enrolled in UVM's health insurance. ISEP's insurance plan is appropriate to be used in place of UVM student insurance.

---



University of Vermont Campus



---

## Study Abroad Experience

### Sally's Semester at UVM



Sally Alhamad at UVM

Sally Alhamad, an AUS finance alumnus, studied abroad for a semester at UVM in Spring 2012.

Alhamad said, "UVM was my first choice from the three universities that I listed. I took three free electives and one humanity. One of the things that I enjoyed about UVM was the wide range of courses that were offered, and how sports were also considered to be courses with actual credit hours."

When asked about Alhamad's experience, she said, "I don't really remember what I was expecting before going abroad. However, I do remember the great lessons I learned from the people I met over there about finding the motivation within yourself to work hard and achieve your life goals."

During my freshman year at AUS, I met an American exchange student coming from GWU. She lived across from my dorm. I remember asking her about her experience and how it feels to study abroad, and then she informed me that AUS students could experience this themselves. That conversation was the beginning of my journey."

Alhamad advised, "Studying abroad is a life changing experience that will teach you a lot about other people and culture, but mostly you will learn a lot about yourself. You will come back with a new perspective on the world around you. Go with an open mind and heart. Mingle with local and exchange students. Try to do all the activities you can get into. Get out of your comfort zone and try new

things. I would also recommend to go for a year, as one semester is just too short.

If I could sum up this entire experience in just one sentence I would say, "you will come back from abroad a different but a better person." I would also sum up this experience with a quote by Mary Anne Radmacher, "I am not the same, having seen the moon shine on the other side of the world."

---

### Solmaz's Semester at UVM



Solmaz Karimi at Lake Champlain

Solmaz Karimi, an AUS biology alumnus, studied abroad for a semester at UVM in Spring 2014. Karimi said, "UVM was one of my choices from the three universities that I listed. I took three free electives and one humanity. I took three undergraduate courses during my semester abroad - Creative Writing, Conservational Biology, and Techniques in Psychology. The undergraduate courses were less demanding than the courses I had taken at AUS, but don't let that fool you into thinking that they are a waste of time. The courses at UVM were different in a way that there was more interaction than the courses offered by AUS."

When asked about Karimi's experience, she said, "In terms of academic standards, I was expecting a well-developed scientific community that never stops questioning theories of life. I was not disappointed! In terms of their culture, I was expecting to feel like an outsider. I couldn't have been more wrong! Everyone treated me with mutual respect and understanding, in fact many were shocked that I was not an American. With that being said, they were intrigued by where I came from and had many questions and wonders about our part of the world."

When I was at UVM, the only days that I didn't do anything fun were the days that I had exams. I

---

traveled to Boston, Chicago, New York City, Atlanta, Miami, Ft. Lauderdale, Delray Beach, Philadelphia and many cities in and around Vermont. In every city that I visited, I avoided using the subway or taxi and walked the entire day. I believe you can never really get a feel of a city until you've gotten lost in its streets.

The time that I did not spend traveling, I spent visiting different places in Burlington like the Ben and Jerry's factory, and participated in different activities. One memorable activity that I participated in was the "Relay for Life" event for cancer survivors and victims. We spent our evening dancing and raising money for cancer research. We then spent the entire night camping at the gym with everyone who participated. We sang, danced, and lit luminarias for our beloved departed ones."

Karimi said, "I didn't know if I would apply to UVM for my masters, but I did know that Burlington was in my future. On that note, I am currently studying in the Pharmacology master program at UVM. It is made up of a great community of pharmacologists, cell biologists, chemists, and physiologists. We have a cosy little department, where everyone knows everyone. We may be small, but our goals are big!"

Karimi advised, "Studying abroad is like having a "master key" to every door you encounter. Many employers value a candidate who spent time abroad learning different perspectives and cultures. For me, personally, studying abroad laid a road full of opportunities

Research your school of interest and learn about the different programs they offer outside the traditional realm of the classroom. You'll be surprised at how fast your time flies when you're studying abroad. You want to make the most of your experience so get involved with different projects that your school is offering and try to learn different cultures. By getting involved and having an open mind, you will encounter many life enthusiasts such as yourself that will soon turn become life-time friends.

If I could sum up this entire experience in just one sentence I would say, "Studying abroad turned me from being speechless into a storyteller."

---

Karimi said, "UVM was one of my choices from the three universities that I listed. I took three free electives and one humanity. I took three undergraduate courses during my semester abroad - Creative Writing, Conservation Biology, and Techniques in Psychology. The undergraduate courses were less demanding than the courses I had taken at AUS, but don't let that fool you into thinking that they are a waste of time. The courses at UVM were different in a way that there was more interaction than the courses offered by AUS."

When asked about Karimi's experience, she said, "In terms of academic standards, I was expecting a well-developed scientific community that never stops questioning theories of life. I was not disappointed! In terms of their culture, I was expecting to feel like an outsider. I couldn't have been more wrong! Everyone treated me with mutual respect and understanding, in fact many were shocked that I was not an American. With that being said, they were intrigued by where I came from and had many questions and wonders about our part of the world.

When I was at UVM, the only days that I didn't do anything fun were the days that I had exams. I traveled to Boston, Chicago, New York City, Atlanta, Miami, Ft. Lauderdale, Delray Beach, Philadelphia and many cities in and around Vermont. In every city that I visited, I avoided using the subway or taxi and walked the entire day. I believe you can never really get a feel of a city until you've gotten lost in its streets.

The time that I did not spend traveling, I spent visiting different places in Burlington like the Ben and Jerry's factory, and participated in different activities. One memorable activity that I participated in was the "Relay for Life" event for cancer survivors and victims. We spent our evening dancing and raising money for cancer research. We then spent the entire night camping at the gym with everyone who participated. We sang, danced, and lit luminarias for our beloved departed ones."

Karimi said, "I didn't know if I would apply to UVM for my masters, but I did know that Burlington was in my future. On that note, I am currently studying in the Pharmacology master program at UVM. It is made up of a great community of pharmacologists, cell biologists, chemists, and physiologists. We have a cosy little department, where everyone knows everyone. We may be small, but our goals are big!"

Karimi advised, "Studying abroad is like having a "master key" to every door you encounter. Many employers value a candidate who spent time abroad learning different perspectives and cultures. For me, personally, studying abroad laid a road full of opportunities

Research your school of interest and learn about the different programs they offer outside the traditional realm of the classroom. You'll be surprised at how fast your time flies when you're studying abroad. You want to make the most of your experience so

---

get involved with different projects that your school is offering and try to learn different cultures. By getting involved and having an open mind, you will encounter many life enthusiasts such as yourself that will soon turn become life-time friends.

If I could sum up this entire experience in just one sentence I would say, "Studying abroad turned me from being speechless into a storyteller."

---

---

everything is clearer and makes more sense.

If I could sum up this entire experience in just one sentence I would say, "It was the best experience of my life."

---

---

#### Tarek's Semester at UVM



Tarek Alsayed at UVM

Tarek Alsayed, an AUS civil engineering student, studied abroad for a semester at UVM in Spring 2016.

Alsayed said, "While studying at UVM, I took two major courses, a math course, a physics course and a humanity. I took three free electives and one humanity. The courses I took at UVM were a lot easier than I expected them to be, which was great."

When asked about Alsayed's experience, he said, "At first, I was expecting to see, feel and experience the huge difference between our culture and the American culture. It turned out that the difference I was expecting was actually so beautiful, and it opened my eyes to many different things."

During my semester at UVM, I managed to travel to seven different states. The most exciting cities were New York and Miami. I was also very active during the exchange. I took up skiing, hiking, and hockey."

Alsayed advised, "Don't hesitate to study abroad, because it is totally worth it. It opens your eyes to different cultures and aspects. It burst the bubble I have been living in for a long time, and now