

Studying at East Stroudsburg University of Pennsylvania

In fall '18 we spent our semester at the East Stroudsburg University of Pennsylvania (ESU). We went there on the 22nd of August and stayed until the 15th of December. Once we got there we had a few days to settle in and participate in the orientation week.

Finances

Our **flight** that we booked in the beginning of April from Düsseldorf International Airport to Newark Liberty International Airport cost around 650€.

In order to get our J-1 **visa** for exchange students (350€), we had to make an appointment at the US-Consulate in Frankfurt.

The health **insurance**, which is mandatory, costs around 150€ but the price varies depending on the insurance company. You have to be tested for tuberculosis (30-40€) and you might have to renew your vaccinations before you leave.

When you want to live on campus you can pick between different **dorms**. Most students prefer to live in the suites (Hawthorn, Hemlock, Sycamore), which costs around 3800\$ for a shared bedroom with your own bathroom. The other housings like Lenape or Minsi Hall are cheaper since you don't have your own bathroom.

When it comes to **meal plans** one can pick a meal plan based on the preferences. We recommend booking the meal plan, which includes 19 meals per week as you don't have that many opportunities to cook on campus or eat out.

You don't have to pay tuition fees but you have to keep in mind that the course required **books** can be very expensive. There is a bookstore on campus where you can either rent or buy the books.

The monthly budget is hard to set as it depends on your lifestyle but you should at least plan to spend an additional 1000\$ on free time activities.

We strongly recommend you to apply for the PROMOS scholarship for financial support!

Classes

While it is normal in Germany to take 8 to 10 classes per semester, in America you usually only take 4 to 5, which more or less equal in terms of workload. To fulfill the requirements for the visa you have to take 4 classes or more. The classes are structured differently as you have to take many quizzes, hand in homework, and depending on the class other assignments, which all make up a part of your final grade.

Freetime

The location makes it possible to visit many well-known places and cities. As New York is only a one and a half hour drive away, you can easily plan day trips. The prices for the bus ticket are around 40\$ for one way and can be booked online in advance. Another option for you would be renting a car at "Enterprise" in Stroudsburg to be able to visit places further away. In this case it would be advisable to get an international driver's license. Places to be are also Philadelphia, Atlantic City (New Jersey), Washington D.C. and Boston.

The Student Activity Association (SAA) offers a lot of different free time activities including city trips, nature trips and social events like parties. For example, the trips to New York are less expensive (around 15\$ return).

There are several opportunities to do sports on campus. There is a gym and a swimming pool, both of which are free of charge. Since sports like Basketball, Volleyball, Football and Baseball make up such a big part of American university life the games on campus are a big event. In addition, there is a Starbucks, the Union (food court) and a Mini Mart where you can spend your free periods.

Conclusion

In the end all the planning will be worth it as you will have a great time at ESU! You will meet great people and make good friends around the world. You will collect many memories and have a typical American college experience!

This is a once in a lifetime opportunity and we wish you all the best! If you have any questions feel free to contact us:

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