

走进美国

— 东方剑桥应用英语系列 —

裴姬新 王海表 编著



In Search of Your Own America

Oriental Cambridge Practical

ENGLISH



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浙江大学出版社

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In Search of Your Own America

美国是一个经济发达和高度现代化的国家，也是世界第一大移民目的地国家，最大的留学目的地国家。赴美留学的中国学生越来越多，《走进美国》的编写满足了赴美留学的中国学生及对美国社会与文化有兴趣的其他人士了解美国各方面概况的愿望。全书知识覆盖面广，反映时代最新发展动态，脉络清晰，重点突出。中文导读提纲挈领，提供丰富的文化背景知识，有效降低学习难度。书中精选大量生动活泼的图片，增强学生对美国文化和异域风情的感性认识。问题探讨部分培养学生的创新思维能力和研究能力。

全书包括十二章，分为美国社会与文化的总体介绍和具体介绍两个模块。内容涵盖留学美国的准备、美国地理概况、美国经济、美国的高等教育、美国的司法体系、美国的宗教、美国的大选制度、美国人的性格与行为方式、美国的大众娱乐、美国的节假日、初到美国的校园生活和美国的文化。旨在为准备赴美留学的中国学生和美国文化爱好者提供一幅以美国社会文化为主线、以美国人民族特性和行为方式为内容、以美国社会结构和地区特色为衬托的“美国社会文化全景图”。在此基础上对美国的城市、金融、大学、司法案例、宗教、总统大选、美式英语、重大节日、文化差异、留美程序、日常生活禁忌等做了重点介绍。

本书以全新的社会视角与材料帮助学生更好地了解美国历史发展、政治制度、社会文化、自然地貌、风土人情，正确认识美国社会文化，在加强语言技能的同时，开阔视野，提高跨文化交际能力。

P 前言

REFACE

美国是一个经济发达和高度现代化的国家，也是世界第一大移民目的地国家，最大的留学目的地国家。赴美留学的中国学生越来越多，《走进美国》的编写满足了赴美留学的中国学生及对美国社会与文化有兴趣的其他人士了解美国各方面概况的愿望。全书知识覆盖面广，反映时代最新发展动态，脉络清晰，重点突出。中文导读提纲挈领，提供丰富的文化背景知识，有效降低学习难度。书中精选大量生动活泼的图片，增强学生对美国文化和异域风情的感性认识。问题探讨部分培养学生的创新思维能力和研究能力。

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本书以全新的社会视角与材料帮助学生更好地了解美国历史发展、政治制度、社会文化、自然地貌、风土人情，正确认识美国社会文化，在加强语言技能的同时，开阔视野，提高跨文化交际能力。

编者

2014年5月

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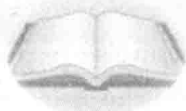
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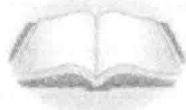
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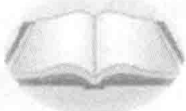
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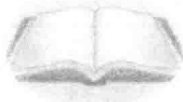
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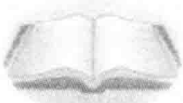
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Chapter 1

Predeparture Planning



I. 中文导读



在即将前往美国学习或做研究时，你即将经历的变化对你来说恐怕是既激动又不安的，所以在出发前必须做好一切准备工作。准备得越好，这一过渡就越容易，也能从美国的经历中获得更大的益处。

需要携带的文件

在你旅行到美国以及在美国落地后，你要随身携带所有重要的文件，不要把这些文件放在行李箱里。不要把文件借给或者交给任何人，除非那个人能够出示有关的身分证明，表明他或她有接受这些文件的授权。

作为一个进入美国的外国人，你必须有些文件显示你的法律身份。这些文件包括：有效护照，在你入境美国时至少还有六个月有效期；由美国使领馆官员在你的护照内盖的非移民签证印章；学生和学者的签证资格证书(I-20 A-B, I-20 M-N 表，或 DS-2019 表)。入境离境表(I-94 表)，这一表格通常在你乘坐的飞机降落前发给你，由你本人填写，在你入关的时候由移民官员审核并盖印。另外，你还应该带一份你的正式出生证明，你在美国申请各种身分证明和其他文件时也许需要用到它。如果你是已婚的人、你的配偶与你随行，那么你要携带一份婚姻证明。这些文件如果不是英语的话，你要对这些文件的翻译件进行公证。

免疫和接种证书

向美国使领馆询问，在你进入美国前是否必须进行体检和/或疫苗接种。每个国家的规定不同。大多数大学要求你提供麻疹、流行性腮腺炎和风疹的免疫证明。许多学校还要求近期的(六个月到一年内)PPD 皮肤化验或 X 光胸透片，以检查或排除结核感染的可能性。确保所有疫苗接种都记录在世界卫生组织通用的黄卡上。

医药处方和眼镜

在进入美国的时候必须在入关表上申明你所携带的药品。有些药物也许不允许被带进美国。你如果定期吃处方药的话，最好携带充分的药量以及一份用英语写的处方。你如果戴眼镜的话，最好携带一副备用眼镜。你在碰到头疼、感冒、胃部不适或其他轻微损伤的时候也许更喜欢使用家乡带来的药物，但是像阿司匹林、药膏以及其他一些药物在美国可以随时随地买到。

学业和语言准备

审阅你所要修读的学校最新目录，详细了解学校的教学设施和教学资源、课程要求以及对每门课的描述。你在美国的教育经历是否成功在很大程度上取决于你的英语理解、说、阅读和写作能力。经验告诉我们，任何一种其他技能都比不上英语能力对学业的成功的影响。

美国学院和大学最常见的授课方式是教授讲课。教授不会放慢正常的讲课速度来适应你的需要。你必须有很好的英语理解能力，必须能够轻松地记下教授讲的事实、思想和参考书目与论文。

医疗保险

美国没有由政府提供的全民保险或医疗服务。绝大多数人的医疗保险都是私人医疗保险。美国国务院要求持 J-1 签证的访问学者和学生具备包括医疗和意外、医疗疏散以及遣返遗体在内的保险。美国政府对持 F-1 和 M-1 非移民签证的学生没有具体的医疗保险要求。但是大多数教育机构都有必须遵守的医疗保险规定，以确保国际学生不会成为“公共负担”，也就是说，不依赖于美国政府负担他们的医疗费用。学校在国际学生注册上课前一般会要求他们证明他们具备一定水平的医疗保险(标准由学校决定)。

II. General Overview



Dreams have evolved, but the will to travel to this great nation is still deeply rooted in the mind of many students, scholars and visitors. Since the beginning of the Twentieth century, they have been setting off, full of hope. 50 stars, 50 nations from Atlantic to Pacific, magnificent landscapes, major cities, each with a proper identity: New York, San Francisco, Los Angeles, New Orleans... multinational enterprises, prestigious universities...the possibility to succeed more than anywhere else...history, art, culture, and sports...These are a few of the myriad of reasons which make the United States of America one of the ideal places to visit. This chapter provides some information on entry into the United States (U.S.) for the purposes of education, tourism or meetings/conferences to help make your experience in the United States the best it can be.

The more you prepare, the easier your transition will be, and the more you will profit from your time in the United States.

Things to Consider Before Entering the United States

Before you visit the United States, it is a good idea to make sure that your passport is in order and to research the visa requirements for your home country. Many times your country's Department of Foreign Affairs can help you find everything you need to know concerning visa requirements when visiting the U.S. In addition to this, it is recommended that you touch base with the local American consulate or embassy in your home country to ensure that your passport and visa are approved before visiting. Since September 11, 2001, the United States has intensified its security screenings of all visitors and you can save yourself a fair amount of trouble by making sure that your travel documents are in order prior to landing in the United States. Overall, you will find

that most Americans are a welcoming people and most American diplomats will try to help ensure that your visit to their country is as pleasant as possible. All in all, you will find that many Americans welcome visitors with open arms thanks to the country's immigrant heritage.



1. Apply for a Visa

Generally, a citizen of a foreign country who wishes to enter the United States must first obtain a visa, either a nonimmigrant visa for temporary stay, or an immigrant visa for permanent residence.



Student Visa

You must have a student visa to study in the United States. Your course of study and the type of school you plan to attend determine whether you need an F-1 visa or an M-1 visa.

- 1) F-1 Visa: Foreign students wishing to live in the U.S. for full-time studies at a university or a higher education institution. The F-1 visa holder is not allowed to work during the first year.
- 2) M-1 visa: Students wishing to enroll for a technical or professional training; it allows an extension of stay of one extra month for every 4 months of studies and a practical training for the course delivered.

For short periods of recreational study, a Visitor (B) visa can be used enrollment in a short recreational course of study, which is not for credit toward a degree or academic certificate, is permitted on a visitor (B) visa.

Student Acceptance at a SEVP Approved School

Before you can apply at a U.S. Embassy or Consulate for an F-1 or M-1 student visa, you must first apply to and be accepted by a SEVP approved school. Visit the Department of State *EducationUSA* website to learn about educational opportunities for undergraduate and graduate study, opportunities for scholars, admissions, and more. You can also visit the DHS Study in the States school search page to search for SEVP-certified schools.

When you are accepted by the U.S. school you plan to attend, you will be enrolled in the Student and Exchange Visitor Information System (SEVIS). You must pay the SEVIS I-901 Fee. The SEVIS registration does not guarantee any student visa approval. In case of refusal, the fees are non-refundable. The U.S. school will provide you with a Form I-20 to present to the consular officer when you attend your visa interview. If your spouse and/or children intend to reside with you in the United States while you study, they must obtain individual Form I-20s, but they do not pay the SEVIS fee.

I-20

The Form I-20 (also known as the Certificate of Eligibility for Nonimmigrant (F-1) Student Status-For Academic and Language Students) is a United States Department of Homeland Security, specifically ICE and the Student and Exchange Visitor Program (SEVP), document issued by SEVP-certified schools (colleges, universities, and vocational schools) that provides supporting information on a student's F or M status. Since the introduction of the Student and Exchange Visitor Information System (SEVIS) run by SEVP, the form also includes the student tracking number (SEVIS ID number) and school code. The Form I-20 is only for F-1, F-2, and M-1 statuses.

J-1 visa

U.S. Exchange Visitor (J) non-immigrant visas are for individuals approved to participate in work and study based exchange visitor programs. The J-1 visa enables foreign nationals to visit the United States in order to experience life in the U.S. Recipients of a J-1 visa can remain in the U.S. for the duration of their program, plus may arrive 30 days prior and depart 30 days after.

Applying for a J-1 Visa: To take part in one of the J-1 visa programs, locate and contact a designated sponsor. The designated sponsors supervise the application process and are the main point of contact throughout the exchange program process. Contact the sponsors directly to take part in one of the exchange programs.

Visitor Visa

Visitor visas are nonimmigrant visas for persons who want to enter the United States temporarily for business (visa category B-1), tourism, pleasure or visiting (visa category B-2), or a combination of both purposes (B-1/B-2).

Here are some examples of activities permitted with a visitor visa:

(1) Business (B-1)

- Consult with business associates.
- Attend a scientific, educational, professional, or business convention or conference.
- Settle an estate.
- Negotiate a contract.

(2) Tourism and Visit (B-2)

- Tourism.
- Vacation (holiday).
- Visit with friends or relatives.
- Medical treatment.
- Participation in social events hosted by fraternal, social, or service organizations.
- Participation by amateurs in musical, sports, or similar events or contests, if not being paid for participating.

- Enrollment in a short recreational course of study, not for credit toward a degree (for example, a two-day cooking class while on vacation).

DS-2019

The Form DS-2019 or “Certificate of Eligibility for Exchange Visitor (J-1) Status” is the basic document used in the administration of the exchange visitor program.

This form permits a prospective exchange visitor to seek an interview at a U.S. embassy or consulate in order to obtain a J visa to enter the United States.

The Form DS-2019 identifies the exchange visitor and their designated sponsor and provides a brief description of the exchange visitor’s program, including the start and end date, category of exchange and an estimate of the cost of the exchange program.

Designated sponsors are authorized to issue this form to prospective exchange visitors they have screened and selected for participation in the exchange visitor program. The information in this form is completed by the sponsor prior to being given to the participant, who once given the DS-2019, can apply at a U.S. embassy or consulate for the J-1 visa.

How to Apply

There are several steps to apply for a visa. The order of these steps and how you complete them may vary at the U.S. Embassy or Consulate where you apply. Please consult the instructions available on the embassy or consulate website where you intend to apply.

Complete the Online Visa Application Online

- Nonimmigrant Visa Application, Form DS-160—Learn more about completing the DS-160. You must: 1) complete the online visa application and 2) print the application form confirmation page to bring to your interview.
- Photo—You will upload your photo while completing the online Form DS-160. Your photo must be in the format explained in the Photograph Requirements.

Schedule an Interview

While interviews are generally not required for applicants of certain ages outlined below, consular officers have the discretion to require an interview of any applicant, regardless of age.

| If you are age: | Then an interview is: |
|-----------------|--|
| 13 and younger. | Generally not required. |
| 14–79. | Required (some exceptions for renewals). |
| 80 and older. | Generally not required. |

You must schedule an appointment for your visa interview, generally, at the U.S. Embassy or

Consulate in the country where you live. You may schedule your interview at any U.S. Embassy or Consulate, but be aware that it may be difficult to qualify for a visa outside of your place of permanent residence.

Wait times for interview appointments vary by location, season, and visa category, so you should apply for your visa early.

Prepare for Your Interview

The application fee for the most common nonimmigrant visa types is US\$60. This includes tourist, business, student, and exchange visas.

Gather Required Documentation

Gather and prepare the following required documents before your visa interview:

- Passport valid for travel to the United States—Your passport must be valid for at least six months beyond your period of stay in the United States (unless exempt by country-specific agreements).
- Nonimmigrant Visa Application, Form DS-160 confirmation page.
- Application fee payment receipt, if you are required to pay before your interview.
- Photo—You will upload your photo while completing the online Form DS-160. If the photo upload fails, you must bring one printed photo in the format explained in the Photograph Requirements.
- Certificate of Eligibility for Nonimmigrant (F-1) Student Status—For Academic and Language Students, Form I-20A-B or Certificate of Eligibility for Nonimmigrant (M-1) Student Status for Vocational Students, Form I-20M-N—Your school will send you a SEVIS-generated Form I-20 once they have entered your information in the SEVIS database. You and your school official must sign the Form I-20. All students, their spouse and minor children if they intend to reside in the United States with the student, must be registered in the Student and Exchange Visitor System (SEVIS). Each person receives an individual Form I-20. Certificate of Eligibility for Nonimmigrant (J-1) Exchange Visitor Status, Form DS-2019.
- Bank statements showing proof of required funds (edited in English).

Applying for a student visa can take time, so it is important to start the application process early. If this is your first time applying for a student visa, an in-person interview may be required. The summer months are the busiest months for student visa applications—keep this in mind when you are applying.

Most Embassies and Consulates refuse to issue a student visa more than 120 days prior to your course registration or start date. If you apply before then, your application will be held until the appropriate time. It is okay to apply early, as this will give the Embassy or Consulate extra time to work through special requirements.



2. Learn More About Your U.S. College

1) Continue checking your email every day: After informing you of the admissions decision, the institution will keep contacting you via email, sending you notices on things like tuition deposit, student dorms and how to register for classes.

Reading these emails carefully will help make sure you won't miss any important information about your U.S. College.

2) Pay special attention to the admission letter package: Normally, the original admission letter will arrive in your mailbox with other documents, such as physical exam or vaccination forms and an on-campus residence application.

Sometimes you will also receive a list of student organizations, a campus map or even a brochure of the city or town surrounding the college. All these will help you get to know more about your school and the area surrounding campus, so hold on to documents you receive.

3) Use the university's online information tools: By now, you should have browsed your college's website many, many times. Be sure you have visited the webpage of the international student office at your college. The staff there will provide the most firsthand information on how to prepare.

Download their pre-arrival handbook, learn where the office is, find out who you should talk to upon your arrival, see ways of transportation in the area and get information on how to find a possible temporary homestay if you will be arriving in the U.S. before you can move into a student residence hall.

4) Register for new student orientation: Some institutions have a separate orientation for international students. Orientation is crucial for any new students arriving on campus. It provides an early opportunity to engage students in learning and social experiences.

Make sure you have registered for a session before you get on the plane to the U.S. If you find out your institution also offers a first-year student program, you don't want to miss that either.

5) Try to talk to your future roommate or homestay family: It is important that you begin to establish the friendship with your new roommate or temporary family before you meet in person.

Exchange life habits, hobbies or ideas in an informal way to see if you are actually a good fit. It is more fun to learn about the area together.

6) Plan your arrival date: There are a few things you'll want to consider when booking your ticket to the U.S.—including how far in advance you'll need to arrive.

You will have jet lag, and it normally takes a week to recover. You should leave some time in between when you arrive and when you start college so you can start the year well rested.