The CSUSA Main Brochure

- An insight into college sports, scholarships and the American education system
We work with higher education and sports! The question is how to be able to combine the two?!
The answer….College sports in the United States!
The purpose of this brochure is to provide you with more detailed information about important aspects of college sports and the higher education system in the US.

- What is a scholarship?
- What is American college sports?
- How is it like to be a student-athlete in the US?
- How does the US education system work and what can I study?
- Where do I live?

These, and many more, are common questions and this document will provide all the answers.

Studying and playing sports in a new country, far away from family and friends, is a huge step and a life changing experience. Read on and learn more about the concept of college sports and how we help students PURSUE AMBITION in the United States.

**STAY TUNED!**

Over the years we have developed relationships with high schools, governing bodies, academies, clubs and high performance centers to find the ideal candidates for this opportunity.

We regularly attend sporting events to scout athletes who may be suitable student-athletes, and inform them of the unique opportunities available to them in the United States. We also hold presentations and seminars at schools and academies to enlighten students about US college sports and the education system and what it takes to get there.

Follow us through Facebook, Twitter, Instagram and Google+ to see where we will be next!

**AN INTRO TO THE OPPORTUNITIES IN THE US**

At College Scholarships USA Ltd. (CSUSA) we provide talented students and athletes the opportunity to study at an American college or university and compete in college sports.

We are a UK-registered company and have since 2007 assisted students from all over the world, in multiple different sports, to pursue and fulfill their ambitions in academics and sports.

We make the combination of higher education and high-level sports financially attainable for our student-athletes, as we find and negotiate scholarships at suitable schools in the US.

Team CSUSA consists of former student-athletes from England, Norway and Sweden and we have used our first-hand knowledge and experience to assist more than 1,000 student-athletes, from 26 different countries, with the process of going to the US on scholarships.

We have a fantastic reputation both in and outside of the United States for bridging the gap in international student recruiting.

We help driven people Pursue Ambition!

**ABOUT CSUSA**

We have a big reach! More than 20 consultants worldwide help us in scouting talented athletes from: UK, Norway, Sweden, Denmark, Iceland, Holland, Germany, France, Spain, Argentina, Venezuela, Peru, Chile, Colombia, Australia, New Zealand, Dominican Republic and Hong Kong.
A scholarship is the money granted by the institution of higher education to an incoming student to help lower a student's cost of attending the school. A scholarship ranges from 1-100% of a student's total cost of attendance and can cover tuition fees, housing and food.

Scholarships come in the form of:

- **Sport scholarships** – based on athletic ability
- **Academic scholarships** – based on academic achievements and test scores
- **International scholarships** – specific to qualifying international students

We find and negotiate all these types of scholarships for our students!

International scholarships are offered at some US institutions in order to attract international students and to increase the school’s diversity on campus.

Sport scholarships are usually renewed automatically each year, as long as the student-athlete does what is expected of him/her, both academically and athletically. Sport scholarships are offered on a year-by-year basis, for a maximum of four years (this is the amount of time it normally takes to complete a bachelor’s degree in the US).

Academic scholarships are based on the grade-point average (GPA) from your high school diploma and test scores from the SAT- and/or ACT-test, and in some cases the TOEFL-test (you can read more about these tests in our “PARENT brochure”). Each institution in the US has its own requirements for academic scholarships.

It is possible, and very common, for student-athletes to get a combination of the scholarships above. Each of the scholarships you are awarded can be combined into one scholarship package.

**For example:** if you get an $8,000 academic scholarship, a $2,000 international scholarship and a $14,000 sport scholarship per year, your total scholarship package will then be $24,000 per year. If the total cost of the school is $35,000 per year, your remaining cost in this example would be $11,000 per year. This is a 68.5% scholarship.
We work with the 4,000 schools, in all 50 states, giving our students the opportunity to experience first-hand living, studying and participating in college sport in “the land of opportunity”.

We are experts in college recruitment and finding and negotiating scholarships for international students. Utilising our service optimises your chances for the best scholarship in the United States. We will promote you to coaches at American schools that fit your academic and athletic profile and will base the search and promotion on your preferences.

To determine how we can help you to the US, we first must thoroughly assess you based on achievements and potential in academics and sports, as well as personal characteristics and qualities. After the evaluation we will then provide feedback on what type of schools and scholarships will be realistic for your “profile”. Know that we only offer our help to students we know has what it takes to be successful in the American college system. Our service is tailored to your ambitions, preferences and qualifications.

There is a huge variety and combination of factors you need to consider when deciding on your preferences: We find schools for you in the US based on the following:

- Academic ambition and level
- Athletic ambition and level
- Location
- Climate
- Size of city and college
- What you want to study

To take advantage of our extensive knowledge of the college recruitment process will save you time, money and frustration. There are a lot of components to the college recruiting process and we will guide you through every step of the way.

We work with athletes from all over the world, in several different sports! We help each individual through their country-specific process to ensure they are eligible to compete, get accepted to school, the paperwork is in order and ultimately get the scholarship they deserve and qualify for. Every year we produce a scholarship statistic, which shows the value of the scholarships we negotiate for our athletes. Our results are impressive!

CSUSA-athletes attend schools all across the United States, from Hawaii, to California, to Florida and to New York. To date, we have helped student-athletes to schools in 45 different states.

Our student-athletes are competing and studying at all levels, varying from the most prestigious academic institutions to smaller 2-year schools, and are competing in all the college sports divisions (NCAA D1, D2 and D3, NAIA and NJCAA). There is no limitation as to which schools we can help student-athletes to – we will find the best fit for you academically and athletically!

On this page you can see a small selection of schools we have helped student-athletes to. Do you recognize any of them?
Map of where our student-athletes are
American college sports is a unique and fantastic way of combining education with high-level sports. The size and popularity of college sports can be very difficult to comprehend unless you have experienced it firsthand. The level and scale do not compare to any other university sports in the world.

College sports can be on a par with professional sports worldwide. The fierce competition and fan support between local and national rivals are in many cases more popular than professional leagues like the NFL, NBA, NHL, MLS and the WPS.

The best student-athletes are celebrities and icons. American football teams often play in front of 80,000 fans. Student-athletes aged 18 to 23 compete in this atmosphere watched by millions of people on ESPN every week. The results and glamour of college sports is featured on national television, the internet and in newspapers.

The performance and the results of the university teams are paramount to the fans and the local community. The support and passion for the sports teams is as passionate as most club sports anywhere else in the world. This loyal support, media interest and huge sponsor deals make college sports a multi-million dollar industry.

Each school will have between 10-25 different sport teams (basketball, soccer, tennis, golf, swimming, track and field etc.) for both men and women, so there are hundreds of student-athletes representing each school by competing in their sport. The college sports system consists for several leagues and divisions where the schools compete against each other:

- NCAA Division 1 (National Collegiate Athletic Association)
- NCAA Division 2
- NCAA Division 3
- NAIA (National Association for Intercollegiate Athletes)
- NJCAA (National Junior College Athletic Association)

Each of the divisions have differing characteristics, rules and eligibility requirements.

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**Did you know?**

The college division a school belongs to does not necessarily reflect the level of the sports team. It is common to assume an NCAA D1-team will be better than an NCAA D2-team. This is not always true, as many D2-teams are better and beat D1-teams. The colleges/universities belong to a certain division because of the size of the school, degrees offered and how many different sports each college/university offer. The best teams in each division (NCAA D1, D2, D3, NJCAA and NAIA) are of a very high standard.

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**Structure of competition**

Each university team competes in a conference (a regional league). A college division (for example NCAA D1) will consist of a large number of conferences, each comprising of between 6 to 15 university teams locally (within three to four bordering states). During the season, schools compete against the other conference members to try and win the conference championship and thus qualify for the national tournament.

The best performing programs will advance to the regional stage of the national tournament, where they will compete against the best team in the neighbouring conferences for the right to compete further in the national tournament. Winning conference and regional titles are an achievement in itself, but it is the national title every school wants to win. The national champion is officially considered the best team in the USA. The tournament is prestigious, thus the competition is fierce.

Each college division (NCAA D1, D2, D3, NAIA and NJCAA) will crown a national champion!
College sports is the feeder league to American professional sports, usually through the use of a draft system or invites to showcase events or tournaments.

The athletes who have performed well for their school will be known already by talent scouts, as college sports is recognized as a platform to develop future professional athletes. The college route is an ideal stepping stone for athletes who have professional ambitions. The opportunity to train daily in top-level facilities and “unlimited” support allows student-athletes to reach their potential. Americans are experts when it comes to producing stars! If you are good enough, you will get rewarded!

Many prestigious and famous athletes have been through the college system before embarking on their professional careers. It gave them the grounding and development to reach the highest levels.

There are 4,000 schools in the US and more than 520,000 student-athletes all over the country. Clearly, you don’t have to be the next “Tiger Woods” to compete in college and get a scholarship. This opportunity is available to a huge range of athletes of various talent levels. There is a level for everyone! Only a very little number of the student-athletes we help over to the United States on a scholarship will turn professional after completing their degree. Most of our student-athletes will start their working career in their field of study after graduation.

We will help you get a scholarship at a suitable level for you!

“To combine higher education with sports is the smartest thing I have done. I would have done the years ‘over there’ again, again and again if I could.”

– Henrik Rønnevig (Norway), NCAA All-American (Soccer)
College sports is a huge business! The schools generate millions of dollars through broadcasting rights, tickets sold, merchandise, sponsors, donors etc. This is reflected in the facilities on campus where student-athletes compete, train and study. To illustrate, the athletic department at the University of Kentucky (one of the schools we have helped athletes to) alone have a yearly budget of $85 million. What is even more impressive is that they generate as much as they spend!

In 2012, the Atlantic Coast Conference (one of the best NCAA D1 conferences) and ESPN extended their exclusive broadcasting rights to conference football and men's basketball games. The deal was worth $3.6 billion over the next 15 years. Each school competing in the ACC receives an average of $17.1 million per year. The schools' resources are tremendous!

There is significant investment into building stadiums, tennis complexes, golf courses, practice facilities, weight rooms etc. The facilities are not only limited to the big stadiums, but also the athletic staff consisting of physiotherapists, nutritionists, psychologists, doctors etc. In sports like American football, basketball and ice hockey, there are huge crowds of tens of thousands at the big schools. The best American football teams fill their 80,000-capacity stadiums every week. A successful college sports program involves a huge effort from the whole university from athletes, medical staff and coaches to facilities managers, media personnel, groundskeepers and the fans.

Celebrating individual student-athletes' success and getting recognition for accomplishments in the sporting arena is a big part of college sports. You will be rewarded for doing well in your sport! Each college division (NCAA D1, D2, D3, NAIA, NJCAA) awards these honors at the end of each season.

**Scale**

**All-Conference**

All-Conference is the award showing that you are one of the top athletes in the conference you compete in. There is a lot of competition for this award and All-Conference is truly a great award to achieve. ‘Athlete of the Year’ in each conference is awarded to the best athlete in the conference each year.

**All-Region**

The second highest award is the All-Region award. This is also a very prestigious award to win because it shows that you are among the best athletes in the region you compete in. All-Region players consist of the best players in all the conferences within the region. The ‘Regional Player of the Year’ is the best athlete in that specific region that year.

**All-American**

The highest honor an athlete can achieve is becoming an All-American. This is a very prestigious award only given to the very best athletes across all the colleges and universities in the US. As an All-American, chances are you can progress on to the professional leagues after you graduate from college.
THE LIFESTYLE OF A STUDENT-ATHLETE

A typical student lifestyle involves going to lectures/classes approximately 14–15 hours per week. In addition, you will need to study on your own and prepare for classes. You will of course also be busy with training and completing in your sport! A day of a student-athlete is demanding and it requires commitment and dedication.

The sport is of course very important as a student-athlete, but your academics will always be the number one priority. Coaches and dedicated academic staff at the schools are responsible for their student-athletes and monitor your grades through the year. You will be assigned an "Academic Advisor" to help you with course selection and planning of your days.

If you fail tests or classes and fall too far behind with your school work, you cannot compete in the college sports! NCAA, NAIA and NJCAA have rules to ensure student-athletes perform in the classroom in order to play! Study groups, tutors and extra help will be offered to student-athletes, free of charge, if required and/or desired by the student – this is one of many advantages for student-athletes. The rules of college sports ensure that the balance of sports and academics remains intact and student-athletes are looked after by the staff of the school, in order to make sure they stay on track with their degree program.

The athletic department will also provide each student-athlete with medical treatment and support, for prevention of injuries and rehabilitation. Most teams will have their own physiotherapist and strength and conditioning coach available for you to use. Of course free of charge! The athletic seasons are rather short and intense, but all student-athletes are well taken care of by the athletic training staff in order to stay healthy throughout the whole season. If the misfortune of an injury occurs, the athletic training staff will treat and create an individual recovery plan for the athlete and monitor the progress along with your coach. Oh, and did we mention all the sports gear and equipment student-athletes get? Wear your school colors and branded equipment with pride!

The United States is the only country in the world where you have the opportunity to combine your sport with your post-secondary studies and also be able to finance it with the help of your sporting talents. There are significant differences when US college sports is compared to universities in other countries, where university sports is more of a hobby than serious competition. In the US, representing one of your university’s sport teams is unique and incredibly prestigious. As a student-athlete you represent the heritage, values and history of the university. You have a big responsibility to your fellow students and local community to perform and be successful. There is huge pride in being the best college team and defeating the local rivals. It is looked upon as a great honor to represent the school and surrounding community. The on-campus atmosphere and the communities’ passion for their school are very evident and the best and most successful student-athletes are the stars on campus!

Studying and sporting activities go hand in hand. Practices and competitions are always arranged according to the school’s academic schedule. You never need to worry about whether or not your clash of studies and your sport is going to be problematic, as coaches and teachers work under the same employer and the same attitude – that you will be as good as possible in both disciplines!

As a student-athlete you will be very busy with your studies, training, competition against other schools, and the many activities/social events on campus. You will travel quite a bit for games/competitions and get to experience many exciting places and see many parts of the country! Soak it in while you can – four years of college passes by fast! To be a student-athlete is really something special and amazing that you should look forward to being a part of!
"I was in disbelief when I arrived here. Just an example of benefits; Nike sponsors us, so we get all our kit free, our trips are fully paid for: transport, accommodation and food. We go on warm weather training camps each Christmas; this year was in Miami, Florida, but we have also been to near Orlando and Austin, Texas. We train amongst the football and basketball team, who some of course go on to be professionals. We have the use of 'the training room' where there is a hydrotherapy pool and numerous aides for injured athletes. In a normal week we will be practicing for 20 hours a week amongst classes. Our team has its own physiotherapist, and there are doctors and nutritionists we can see. The benefits that scholarship athletes receive on top of this are school fees, textbooks, rent and food money. I have really loved my experiences here."

– Crystal Mc Loud (England) – University of Virginia – Rowing
Fall semester starts in mid-August.

Fall semester finishes in mid-December.

One month Christmas break in your home country.

Spring semester starts in mid-January.

Spring semester finishes in mid-May.

Three months summer break until mid-August.

A typical day of a student-athlete in the USA consists of a combination of time spent practicing your sport, going to lectures, studying for your various classes, as well as having spare time.

Below is an example of a typical day for a student-athlete:

8.00: Breakfast
9:00 – 9:50: Going to class
10:00 – 10:50: Going to class
11:00 – 11:50: Going to class
12:00 – 1:30 PM: Lunch/studying
2.00 PM – 4.00 PM: Practice
4.30 PM onward: Free time

Students are responsible for managing their time themselves. You can therefore choose to study, be with friends, go to the movies, other events on campus and much more on your spare time, as long as it does not affect your school work or athletic performance. It is your responsibility as a student-athlete to show up prepared both in classes and for practice/games, get the rest you need and eat well.

As a student in the US you will have the following breaks:

Summer holiday – three months from mid-May to mid-August
Labor Day – first Monday in September
Fall break – 2-3 days in October
Thanksgiving – 3 days at the end of November
Christmas holiday – one month from mid-Dec to mid-January
Martin Luther King Day – 3rd Monday in January
Spring Break – one week in March or April
The American higher education system offers:

- **Associate degree** (two years to complete)
- **Bachelor’s degree** (typically takes four years to complete)
- **Master’s degrees** (one or two years to complete)

There are two types of schools in the United States – 2-year schools and 4-year schools.

A US bachelor’s degree consists of several compulsory general education courses. This is a big difference from most universities in the world, where students go straight into the specialized degree program. The general education classes are why a bachelor’s degree in the US takes four years to complete compared to three years elsewhere.

Regardless of which US school you attend, or the degree you choose to study, the first two years of a bachelor’s degree will contain a large number of general education courses. If you have decided on a desired field of study during the first two years, you will at the same time start taking courses related to your chosen degree program.

US college courses can generally be divided into four categories:

1. General Education courses – required courses for any college degree
2. Major courses – courses in your chosen major.
3. Minor courses – courses in your chosen minor.
4. Elective courses – optional courses from any course area of your interest.

A big advantage in the American education system is that you can change your field of study without having to ‘start over’. If you are undecided on what you want to study you can explore potential options before making a choice. This kind of flexibility is useful, as you can continue to progress into higher education without knowing exactly which subject you want your degree in. Do you know 100% what you want to study?! It is possible for you to try to study a subject or field of study to see if you like it before deciding that it will be your specialization. At the end of the sophomore year (2nd year) you have to decide your degree program (major).

Class sizes will vary from small classes with only 15 students or less to huge classes with several hundred students. Your final grade in a course will be assessed on several things. During the semester the professors place great emphasis on weekly homework assignments, chapter tests and presentations. You will also have a bigger half-semester exam (so-called "mid-term") as well as the final exam (called "final"). Your grade in a course will be based on your achievements during the whole semester. Most schools have very good student services called "tutoring" and can arrange free assistance if you need extra help with your classes.

A major is a specific subject area that you choose to specialize in. This is the degree program you will obtain your bachelor’s degree in; for example, a major in Business Management, or a major in Psychology. All college students must at some point decide on a major.

A minor is your declared secondary field of study or specialization during your bachelor’s degree; for example, a minor in Sports Marketing. It is not required to choose a minor, but it can be helpful when applying for jobs after graduation to show competence in another area of study than your chosen major.

Although scholarships are more common for students pursuing associate and bachelor’s degrees, there are still options to do your master’s degree. There are one-year and two-year courses available in huge variety of fields. Coaches often recruit graduate students as part of their squad because they are older, more experienced athletes and they have already proven academic skills. As long as you have eligibility remaining to play your sport, you can qualify for a master’s degree while getting a scholarship.

The 1st, 2nd, 3rd and 4th year in college are called the following:

- **1st year**: Freshman year – 0-30 credits
- **2nd year**: Sophomore year – 30-60 credits
- **3rd year**: Junior year – 60-90 credits
- **4th year**: Senior year – 90-120 credits
4-YEAR SCHOOLS

Most of the students we help to the US intend to obtain a bachelor's degree. 4-year schools are the most common schools in the United States. In fact there are close to 2,400 schools all across the USA, all with differing requirements to get accepted!

Some of the world’s most prestigious and famous schools are American 4-year schools and we help students to some of those schools every year. Like with the sports level, there is an academic level for all students in the US! We’ll help you find a school that fits your level.

You will need a minimum of a ‘C’-average (American scale) at high school to be able to get accepted to a 4-year school. The best academic schools will of course require a much better grade point average from high school than that. A satisfactory SAT- or ACT-score is also a requirement to get accepted to the majority of the 4-year schools. For non-English native speakers a TOEFL test (English language test) is an admissions requirement. You can read more about the SAT/ACT/TOEFL-test in our “Parent Brochure”.

A bachelor’s degree is usually comprised of 120 credits. A regular course load at college is to take five classes (15 credits) in the fall semester and five classes (15 credits) in the spring semester for a total of 30 credits per year. Taking this course load will allow you to complete your degree in four years (4 x 30 = 120 credit hours). It is also possible to take classes in the summer to earn credits and to graduate quicker than in four years.

2-YEAR SCHOOLS

A Community College, or Junior College as it is also called, is a 2-year institution offering associate degree programs. There are institutions located all over the USA, from New York to California. In fact, there are more than 1,600 Junior Colleges across the USA.

Academically, a Junior College prepares the students for the demands of a bachelor’s degree. An associate degree is comprised of 60 credit hours (the first half of a bachelor’s degree). The academic standards to gain entry to these colleges are less than at 4-year schools. Every year, thousands of student-athletes are recruited and offered scholarships from the 4-year schools, after having performed at a Junior College. It is a great way for student-athletes to get noticed from coaches. This is a very common route to take for student-athletes. It is an excellent stepping stone in both academics and sports.

After completing an associate’s degree at a 2-year college, a student can then continue to a four-year college and complete a bachelor’s degree. The end result is the same, as you get a bachelor’s degree in four years. You would complete the freshman-year (year 1) and sophomore-year (year 2) at the 2-year school and the junior-year (year 3) and senior-year (year 4) at the 4-year school.

The students we help to 2-year schools are students that do not meet the academic levels required for direct admission to full bachelor’s degree programs at 4-year schools, or students that are seeking a shorter term experience in the USA and only want to study there for one or two years.

DID YOU KNOW?

There is some confusion over the difference between a “college” and a “university”. There is really no major difference between the two that affects you as a student. A four-year college, just as any university, offers bachelor’s degrees and graduate studies (for further education, such as Master’s degrees). A university is typically a bigger school with more students attending than a college, but there are no differences in ranking, academic standard or reputation between a university and a college (e.g. Boston College is one of the most respected colleges in the world, as is Boston University).
What you want and can study in the US is of course very important to most students. There are a huge variety of courses, majors and minors at American schools. You can study just about anything! We can also advise you on what the best course of study is for your chosen career path.

A huge advantage in the American higher education system is that students apply for admissions to the school, not necessarily to a specific degree program/major. Once accepted, the student can choose between all the majors the school offers. If you are undecided about what you want to study, then that is an option as well. It is quite common to figure out what you want to study in the US after you have actually started school. Many students wait one year or even one and a half years until deciding their major. So if you don’t know what you want to study, there is no need to panic! It is very flexible in the US!

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**Overview of some of the majors you can study**

**ART MAJORS:**
Graphic Design, Film, Music, Theatre, Art, Interior Design, Fashion, Photography, Art History etc.

**BUSINESS MAJORS:**

**COMMUNICATION MAJORS:**
Journalism (News, Broadcast, Digital, Photo), PR, Speech Communication, Public Communication, Sports Communication, Media etc.

**COMPUTER MAJORS:**
Computer Science, Information Technology, Computer Engineering, Information Management Systems, Programming etc.

**EDUCATION MAJORS:**
A whole range of specializations for students wanting to become teachers.

**ENGINEERING MAJORS:**
Bio, Civil, Industrial, Mechanical, Electrical, Chemical, Mining, Environmental, Engineering Management, Petroleum Technology etc.

**HEALTH AND MEDICAL MAJORS:**
Nursing, Sports and Health Sciences, Exercise Science, Kinesiology, Pre-Medicine, Pre-Physical Therapy, Nutrition, Healthcare Administration etc.

**LAW AND SOCIAL SCIENCES MAJORS:**
Pre-Law, Criminal Justice, Psychology, Sociology etc.

**LIBERAL ARTS MAJORS:**
Anthropology, Archaeology, Developmental studies, English, Foreign Languages (English, Spanish, French, Chinese), Geography, History, International Relations, International Studies, Philosophy, Gender Studies, Political Science, Religion etc.

**SCIENCE AND MATH MAJORS:**
Astronomy, Biochemistry, Chemistry, Biology, Environmental Studies, Geology, Mathematics, Physics etc.
A campus is traditionally the land where a college and related institutional buildings are situated. A campus includes libraries, lecture halls, residence halls, student centers, dining halls, parks, stadiums and training facilities. Everything you need as a student you will find on campus!

The life on campus differs from school to school and depending on the location, but what all campuses have in common is that they are vibrant and very social! One thing is for sure – you will develop friendships for life!

The sizes of American schools range from 700 students to more than 60,000 students – and everything in between! The campuses with huge student populations are like small cities - with restaurants, shops and sometimes even a hospital on campus. At the smaller schools you are not just a ‘drop in the ocean’ and it is less overwhelming to be part of a smaller student community.

There is never a dull moment being a college student. As a student-athlete you have a busy schedule, but if you have time to spare you can join other student groups, clubs, sororities and fraternities. Make the most of your college experience and get involved! A big victory against your local rivals will of course be celebrated on campus!

Most schools have a big international student population, which makes the college campus an incredible melting pot. Students are very proud to be a part of their institution and it is a must to buy your college sweater and wear your college apparel. You will develop great social networks and get the opportunity to explore the USA.

**Housing**

It is often preferable to live on-campus to get fully integrated into the college spirit and take part in a huge range of activities offered. When living on-campus you will also eat in the school’s cafeteria, so you don’t have to go food shopping and cook yourself. Since everything is so new in the beginning, it is nice to not having to worry about that! It makes for a smoother transition to college life! The cost of housing and meal plans are often integrated in the total cost of attendance at each school and a potential scholarship generally includes coverage for housing and food, depending on scholarship offer and size.

It is very normal for first-year students (freshmen) to start living on-campus. Most coaches want freshmen athletes to start living on-campus and some schools also have a rule that all freshmen must live on-campus. You will be where everything happens and it is easy to be “plugged in” right away and become integrated with the school community. As a student-athlete you will probably share a room or apartment with a teammate. In most cases it is possible to have your own room as well, normally by paying a bit more rent.

Based on varying rules at each school, it is also possible to live off-campus. This gives you a bit more freedom (and you have to cook your own meals), but you will also get the feeling of being an ‘on-campus student’ at the same time, as most off-campus apartment complexes are located very close to the school’s campus. Many students move off-campus in the 2nd year.

We will advise you on the best option for you and help you with the housing application. When you arrive in the US for the first time, you will move straight into your housing arrangement, whether it is on-campus or off-campus.
The United States of America has got something on offer for everybody. It is a vast country (almost as big as Europe in size!) with more than 315 million inhabitants. You can experience all four seasons in different locations in the USA and visit many wonderful places. No matter where you live, big cities, laidback country side, mountains and beaches are easily within travel distance.

- New York City, Boston and Washington DC are metropolitan cities in the North East.
- Chicago, Minneapolis and Kansas City are huge cities in the Midwest.
- Atlanta, Jacksonville and Miami are the biggest cities in the South.
- New Orleans, Houston and Dallas are the major ones in the Southwest.
- Los Angeles, San Francisco and Seattle are world-famous cities on the beautiful West coast.

California and Florida are popular destinations offering warm climates, beaches and world-famous attractions and places. Yet, each state and city offers something unique and intriguing to international students. When you are a student in the US, you should of course explore everything this magnificent country has to offer.

After graduating you have the choice to bring your degree and wealth of experience back to your home country or to continue living and getting a job in the USA. Student-athletes with a degree from the US are in high demand for companies. Your experiences, mindset as an athlete, commitment and dedication make you stand out from the crowd!

Many students settle so well in the area they went to school that they want to stay. This is made possible by a program called Optional Practical Training (OPT). The OPT program will give you a one-year work visa for a company in the United States, and you then have an opportunity to earn a full work-visa later on. Many international students take advantage of this year to network and obtain valuable work experience in the States. It is a good thing to put on your CV!

The United States truly is the land of opportunity!

For many four years seem like a long time! It is important that you know that you don’t have to commit to being four years in the United States now. You can take one semester at a time. If you feel that one semester or one year is enough, then that is ok. You will never have to pay back any scholarships you have received if you do decide to return to your home country without having completed a degree. The “worst thing” that can happen is that you have experienced a semester or year abroad!

The majority that go to the US to combine studying with sports do end up completing the degree, as they love it. So our advice is: try it! You will certainly regret it if you don’t! Chances are it will be the time of your life!

DID YOU KNOW?

If you have a friend who is also interested in studying in the United States and you want to go together to the same school – this is possible!

This is something we do for many friends each year! It is important that both of you are at the same step in the process for us to make it happen!

Let us know if you have a friend to go with and we can get in touch with him or her as well.

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