**MATP 2023 Fall Seminar**

**Friday, September 22 – Tuesday, September 26, 2023**

at

*Sofia University Costa Mesa Campus*

*3333 Harbor Blvd, Costa Mesa, CA 92626*

**FREQUENTLY ASKED QUESTIONS (FAQ)**

*(Note: some items are subject to change)*

**ARRIVAL/DEPARTURE**

***ATTENDANCE POLICY****: Seminars are an integral part of the Global Online Program’s Curricula and therefore full attendance is required for successful completion of the course credit(s).*  *Students must register through the link provided and in the portal.*

**Q. What are the dates and schedule for the Fall Seminar?**

1. **Begins: Friday, September 22nd, 2023**

**Ends: Tuesday, September 26th, 2022**

**Daily Meeting Times**:  See schedule (add link to sch)

      ***NOTE:******Be sure to schedule time with your faculty advisor while at the seminar.***

1. **What’s the latest I can arrive on opening day?**

A.   Opening circle begins at 8:00a Friday, September 22, 2023.  Please plan your arrival accordingly.

**TRAVEL**

1. **Which airport should I fly into**?

A.    The John Wayne/Santa Ana airport is the closest (11 miles) to Sofia University’s Costa Mesa campus. <https://www.ocair.com/> Other airport options: Long Beach: <https://www.longbeach.gov/lgb/> Los Angeles: <https://www.flylax.com/>

Distances to Sofia University Costa Mesa Campus from John Wayne Airport (SNA) –

17 min (5.9 mi) via CA-73 N

17 min (6.0 mi) via I-405 N

19 min (7.6 mi) via State Rte 55 S

**Q.** **Is there rideshare in the area?**

**A.** There are several services that offer ridesharing that can be found on the internet: Uber, Lyft, etc.

1. **Are there shuttle vans/limos/private cars that can take me to/from the airport to the campus/hotel?**

**A**.      Besides rideshare & taxi options, several shuttle services can take you from the airport to Sofia U Costa Mesa campus. Contact the transportation company directly for reservations and note that some shuttles require at least a 24hr advance reservation. John Wayne (SNA) options can be found through this link: <https://www.ocair.com/travelers/parking-transport/transportation/>

* SuperShuttle Express: <https://www.supershuttle.com/locations/orangecounty-sna/>     Toll free: 1-800-258-3826.

**Q.**  **Should I rent a car?**

**A.**    It’s your choice but if you choose to rent, rates can run the full spectrum. Please note that many hotels charge a daily parking fee. The recommended [Crown Plaza](http://www.crowneplaza.com/costamesaoc) is offering discounted parking of $10/day

**Q.**    **Does Costa Mesa campus have ample parking?**

**A.** Yes, and it is free to park on Campus. Upon arrival you may park at the designated parking lot area.

**Q:    How far is the** [**Crowne Plaza**](http://www.crowneplaza.com/costamesaoc) **hotel from campus?**

**A:** Hotel to Campus: 3.1 miles (7-8 minutes)

    Airport to Hotel: 3 miles (5-10 minutes, without traffic)

**SEMINAR RESERVATIONS & FEES**

***Important:*** *It will be the students’ responsibility to find their own housing, arrange their own daily transportation to and from the venue, and pay the seminar fee.*

**Q.** **How do I register for the Seminar?**

**A.**     Students need to register through the link provided (submit a Seminar Reservation Form) and in the portal like their other classes.

**Q**. **When and how can I make my room and board reservations?**

**A.** You will need to make room reservations on your own. Suggested hotel**:**[Crowne Plaza](http://www.crowneplaza.com/costamesaoc) *Discounted rooms ($164) must include the Group Code:* [***SUS***](http://www.crowneplaza.com/costamesaoc) *.*

You may also check out room & rates for vacation rental companies such as [Airbnb](https://www.airbnb.com/).

**Q.** **I am a returning student. Do I need to complete the reservation form?**

**A.**     YES, ALL STUDENTS MUST COMPLETE AND SUBMIT A SEMINAR RESERVATION FORM.  This is the way Sofia University will acknowledge your seminar attendance and how we can plan for meals. By filling out your reservation form you will:

* If applicable, authorize Sofia University to use financial aid excess as payment of your seminar fees $475 (only if you applied for Grad Plus Loan). A credit card will still need to be on file. Fee is $350 without lunch
* Provide Sofia with needed information such as emergency contact, photo release, etc.

* 1. **Is there a reservation deadline?**

A.    YES, reservation deadline is by August 31, 2023 11:59pm PST. Exception: ***It will not apply to students currently in the Admissions process.***

***Note****: The University is arranging for a block of discounted rooms ($164) at a nearby hotel, the* [*Crowne Plaza*](http://www.crowneplaza.com/costamesaoc) *which is only 10 minutes from Campus. There are a limited number of discounted rooms available through August 28th on a first come first serve basis. For the discounted rate, make sure to use the Group Code:* [***SUS***](http://www.crowneplaza.com/costamesaoc) *. The room will include breakfast (2 breakfasts included with a 2 Queen bedroom) and a $10 discounted daily parking rate at the* [*Crowne Plaza*](http://www.crowneplaza.com/costamesaoc)*.*

**Q. What is the tuition fee for the seminar course?**

A. Enrolled students pay tuition fee for the seminar units (included in the quarterly tuition payment). You must register for the class in the portal. You will be charged an additional Seminar fee of $475 or $350 (no meals). This can be paid by CC or FA, if you have excess funds.

Contact Student.Accounts@sofia.edu for more information.

1. **Can I get a refund if I’m unable to keep my commitment?**

**A.** You can get a Seminar refund if notice is received at least 2 weeks prior to the beginning of seminar.

Seminar fees will not be refunded once the seminar has started.

1. **If I am commuting to the seminar and bringing my own food, am I required to pay a seminar fee?**

**A.** Yes, the Sofia student seminar fee is $350 without lunch.

**Q**. **How may I pay for my Seminar fee?**

**A.**       Payment may be made from your Financial Aid or by credit card and through the Sofia University student portal. See Seminar Registration Form instructions.

***Note that:*** *Financial Aid must be secured and in place before you can authorize use of excess financial aid funds to pay for your seminar fees. To do so:*

* *Secure both a Stafford and Grad Plus Loan*
* *Reference your Award Letter or confirm award with Financial Aid Office*
* *Authorize by signing in appropriate section of Seminar Registration Form.*

**SEMINAR VENUE/HOUSING/MEALS**

**Q.** **What is the venue and where is it located?**

**A.** Sofia University Costa Mesa Campus- 3333 Harbor Blvd, Costa Mesa, California 92626.  The campus is located in Orange County, in southern California, 15 minutes from the John Wayne/Santa Ana airport.

**Q.**  **Is there any support Sofia offers for logistics or accommodations for people coming from out of town?**

A. There is no on-campus or free housing. The University is arranging for a block of discounted rooms ($164) at a nearby hotel, the [Crowne Plaza](http://www.crowneplaza.com/costamesaoc) which is only 10 minutes from Campus.  Make sure to use the Group Code: [**SUS**](http://www.crowneplaza.com/costamesaoc) for limited discounted rated rooms. Room sharing is at your discretion and arrangement. **Sofia University is unable to assist with arranging roommates.**

**Q.  What are accommodation options available in the area?**

**A.** Online sites for motel/hotel reservations generally have the best deals. There are many hotel & Airbnb options in the Costa Mesa campus area.

* [www.airbnb.com](http://www.airbnb.com/)
* [www.Orbitz.com](http://www.orbitz.com/)
* [www.Priceline.com](http://www.priceline.com/)
* [www.Kayak.com](http://www.kayak.com/)
* [www.Expedia.com](http://www.expedia.com/)
* [www.Hotels.com](http://www.hotel.com/)

  ***Note that:*** *We have made arrangements for a group rate ($164)* *which will include breakfast and a $10 discounted daily parking rate at the* [*Crowne Plaza*](http://www.crowneplaza.com/costamesaoc)*.*

**Q.** **May I request my roommate?**

**A.**  You will need to make your own roommate arrangements with your cohort members.Room sharing is at your discretion and arrangement. ***Sofia University is unable to assist with arranging roommates.***

**Q.**   **Are there any meals included with the intensive? If so which ones?**

**A.**   Lunch will be provided to students every day they are on campus if they choose this option. Meals will be catered by local restaurants. Breakfast and dinner will be on your own.

**Q.** **What type of facilities will we have access to on campus?**

A.  There are a few fridges, microwaves, and hot water dispensers. There is a student lounge with seating, pool table, and ping pongs. There are no showers or workout facilities on campus.

* 1. **Is Costa Mesa campus fully accessible to the blind and disabled?**

**A.** No, the center is not fully ADA accessible. If you have any specific accessibility needs, contact

rosalie.cook@sofia.edu. She is happy to work with you.

**INTERNATIONAL STUDENTS**

If you’re coming from overseas, you are not required to obtain an I-20 form from Sofia or apply for an F-1 student visa to enter the United States.

DOCUMENTS TO BRING WHEN ENTERING THE U.S.

Valid passport B-2 Tourist Visa

**Q. I am coming from overseas and have additional questions about entering the country, who should I contact?**

A. If you are traveling to the U.S. from abroad and have questions, contact the DSO at dso@sofia.edu

**Q. Do I need a visa to enter the U.S.?**

A. That will depend upon the country you are traveling from. Contact the nearest U.S. embassy or visit <http://travel.state.gov/>  to obtain information about B-2 tourist visas required for entry into the U.S.

**INTERNET & CELL PHONES**

**Q.   Will I be able to use my cell phone and laptop?**

* 1. Costa Mesa campus has WIFI access throughout the facility.

**OTHER INFORMATION**

**Q**. **What are the average temperatures?**

**A.** The average temperatures in the city of Costa Mesa during the scheduled Fall seminar: highs 90ºs and the lows in the 60ºs F. For more information about Costa Mesa weather see weather.com

**Q**. **What is the appropriate dress for the seminar?**

**A.**Appropriate dress is casual and comfortable layered for local temperatures (see above) both day and evening. Please bring relaxing clothes for experiential movement exercises.

**Q.   What items should I be sure to pack for the week?**

**A.**Recommended items to bring:

* Casual and comfortable attire (layering is recommended)
* Sweater or jacket for early mornings/late evenings
* Comfortable Walking shoes
* Face masks and hand sanitizers
* Prescription medicines/Cold medications/pain reliever, etc.
* Journal/notebook and pen, drawing pencils, etc.

**Q.**   **What procedures are in place for emergencies?**

**A.**  Emergency procedures will be posted in each room. In case of earthquake, fire, etc., please follow the instructions given.

**Q.**   **What procedures are in place for Covid?**

**A.**Sofia University will follow the CDC Covid19 guidelines. For further information about COVID 19 guidance visit the Centers for Disease Control and Prevention webpage at: <https://www.cdc.gov/>

**Q.    Will we be allowed to have a drumming circle in the evening?**

**A.**    Drumming is allowed on campus. Dates and times of drumming circles will be given at the seminar opening when discussing the seminar schedule.

**SEMINAR PAPER**

1. **Am I required to submit a seminar paper?**

A.   Yes, all students are required to submit a seminar paper or discussion post. Ph.D. and Master level assignments typically differ in content.The only exception is non-credit Seminar Only participants. Seminar paper instructions can be found on the seminar schedule and will also be given to students at the seminar. Normally, students have two weeks to submit their assignment to the designated person. This assignment usually asks students to integrate the seminar theme with the teachings, new emotional understandings or appreciations and integration of their experience with intellectual content as well as provide feedback about the seminar to the organizers.

**Q.  Will seminar presentations and written materials that accompany them be available following the seminar?**

**A.**    Most sessions will be recorded and available to access on the seminar’s Canvas course. Some presenters may provide handouts at their session.

**MISCELLANEOUS**

**Q.** **Where can I find out information about the next seminar?**

**A.** Information will be posted to the Sofia University website and CANVAS featuring the key presenter(s), a reservation form and FAQ approximately 2-3 months in advance.

**Q**. **Which is the nearest beach to the Costa Mesa campus?**

**A.**   The closest public beaches to Costa Mesa are Newport Beach & Huntington Beach.

Don’t forget your swimwear!    *More information on Costa Mesa can be found here:*

[*https://www.travelcostamesa.com/event/costa-mesa-artventure-2022*](https://www.travelcostamesa.com/event/costa-mesa-artventure-2022)

**Q**. **Who do I contact for additional questions not covered by this FAQ?**

**A.**    Contact student.services@sofia.edu

***The Faculty and Staff of Sofia University wish you a***

***blessed and fruitful Seminar!***