
2026 Fall MACP Intensive

Monday, September 28th - Wednesday, October 7th, 2026

at

*Sofia University Costa Mesa Campus
3333 Harbor Blvd, Costa Mesa, CA 92626*

Note: Lodging is the student's responsibility. However, the University has arranged for a block of discounted rooms (\$164/night +taxes) at a nearby hotel, [the Crowne Plaza](#), (8-minute drive from Campus). Limited number of discounted rooms are available **through Friday September 4th** on a first come first served basis.

FREQUENTLY ASKED QUESTIONS (FAQ)

(Note: some items are subject to change)

ARRIVAL/DEPARTURE

ATTENDANCE POLICY: Intensives are an integral part of the MACP Program's Curricula and therefore full attendance is required for successful completion of the course credit(s).

Q. What are the dates and schedule for the Fall Intensive?

A. The intensive is scheduled for 10-days, from Monday 9/28 – Wednesday 10/7, 9:00am-6:30pm daily. ***Note:** Refer to your specific cohort for actual schedule and your required dates.

Q. What's the latest I can arrive on opening day?

A. The Intensive begins on Monday, September 28th at 9:00am. Please plan your arrival accordingly.

INTENSIVE VENUE/HOUSING/MEALS/TRAVEL

Important: It will be the students' responsibility to find their own housing, arrange their own daily transportation to and from the campus, provide their own meals, and pay the intensive fee.

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 in Orange County, southern California, 15 minutes from the John Wayne/Santa Ana (SNA) airport.

Q. Which airport should I fly to?

A. The John Wayne/Santa Ana airport is the closest (11 miles) to Sofia's Costa Mesa campus.

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**
- From John Wayne Airport (SNA) -- **17 min (6.0 mi) via I-405 N**
- From John Wayne Airport (SNA) -- **19 min (7.6 mi) via State Rte. 55 S**

Q. Does Sofia offer logistics or accommodation support for people coming from out of town?

A. There is no on-campus or free housing. The University has arranged for a block of discounted rooms (\$164/night +tax) at [the Crowne Plaza](#)

(You must book via [Sofia University Attendee Room Block](#) for discount).

***Sofia University is unable to assist with arranging roommates.**

Q. Is there a hotel where Sofia has a room block of discounted rates?

A. The University has made arrangements for a block of discounted rooms (\$164 +tax) at a nearby hotel, [the Crowne Plaza, Crowne Plaza Costa Mesa Orange County](#) is located at 3131 Bristol Street, Costa Mesa, CA (10 minutes from Campus. Breakfast (2 breakfasts included with a 2 Queen bedroom), daily parking for each car and 20% discount at the hotel restaurant is included.

Limited number of discounted rooms are available **through Friday, September 4th** on a first come first served basis. For the discounted rate, make sure to click on the link: [Crowne Plaza - Sofia](#).

***Note: You will be responsible for all room charges. A method of payment is required upon booking to secure the room. At check in, the final Method of payment will be collected to cover the room, tax and a Security Deposit of \$100 on a credit card.**

Q. What accommodation options are 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
• www.Orbitz.com

• www.Priceline.com
• www.Kayak.com

• www.Expedia.com
• www.Hotels.com

*Sofia has a block of discounted rooms (\$164 +tax) at [the Crowne Plaza](#), which includes 1 daily breakfast (2 breakfasts with a 2 Queen bedroom), daily parking for each car, and 20% discount at the hotel restaurant. For the discounted rate, click on the link: [Crowne Plaza - Sofia](#)

****Another option: Sonesta Irvine John Wayne Airport. [17941 Von Karman Avenue, Irvine, CA 92614](#)**

(6 miles & 11 minutes from the campus and 2.3 miles & 9 minutes from the airport)

Rate Name –Sofia University Rate Code – 2SOFIAUN Booking Link –[2SOFIAUN](#)

Q. May I request my roommate?

A. Room sharing is at your discretion and arrangement. You will need to make your own roommate arrangements with your cohort members.

***Sofia University is unable to assist with arranging roommates.** Room sharing is at your discretion and arrangement.

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

A. You will need to make your own room reservations. Suggested hotel: [the Crowne Plaza](#).

Discounted rooms (\$164 +tax) must be reserved using this link, [Click here](#).

Rooms are available on a first come first served basis **through Wednesday, September 4th**

*You may also check out room & rates for Sonesta Hotel [2SOFIAUN](#) or vacation rental companies such as [Airbnb](#)

Q: How far is the Crowne Plaza hotel from campus?

A: Hotel to Campus: 3.1 miles (8-minute drive) Airport to Hotel: 3 miles (5-10 minutes, no traffic)

Q. Are there shuttle vans/limos/private cars/taxis that can take me to & from the airport to the campus or hotel?

A. Besides rideshare & taxi options, several shuttle services are available for your transportation needs. Contact the transportation company directly for reservations and note that some shuttles require at least a 24hr advance reservation. John Wayne airport (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. Is there rideshare in the area?

A. There are several rideshare services that can be found on the internet: Uber, Lyft, Wings, etc.

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. Parking is free at our Costa Mesa campus. The recommended hotel Crowne Plaza is offering complimentary parking with each room.

Q. Does Costa Mesa campus have ample and free parking?

A. Yes, and it is free to park on Campus. Upon arrival you may park at the designated parking lot area on the left side of the building. For directions, [click here](#). Make sure you turn into Law Court, see [photo here](#)

INTENSIVE RESERVATIONS & FEES

Q. How do I sign up for the Intensive?

A. Students need to sign up by clicking on the [Intensive Sign-up Form](#) and in the portal like their other classes.

***Note:** You will need to Register for the Intensive course in Canvas. This sign-up is different from registering for the course

Q. I am a returning student. Do I need to complete the intensive sign-up form?

A. YES, ALL STUDENTS MUST COMPLETE AND SUBMIT AN [INTENSIVE SIGN-UP FORM](#). This is the way Sofia University will acknowledge your attendance at the Intensive. By filling out your form you will:

- If applicable, authorize Sofia University to use financial aid excess as payment of your Intensive fee of \$600 (only if you applied for Grad Plus Loan). A credit card will still need to be on file. Note: no lunch option will be provided.
- Provide Sofia with needed information such as emergency contact, photo release, etc.

Q. Is there a sign up deadline?

A. YES, the deadline to sign up is September 18, 2026, 11:59pm PST.
Exception: Deadline will not apply to students currently in the Admissions process.

Q. What is the tuition fee for the intensive courses?

A. Students should refer to their flow chart/academic advisor for the total units for the Fall 2025 quarter. There is an additional Intensive fee of \$600 added for in person intensives. Fees can be paid by CC or FA, if you have excess funds. Contact Student.Accounts@sofia.edu or Financial.Aid@sofia.edu for more information.

Q. Can I get a refund (for the intensive fee) if I am unable to attend?

A. Intensives are mandatory. Any deviation from attending fully or for partial days will impact your moving forward in the program. If you have concerns about attending in person, please discuss them with your advisor A.S.A.P.

Q. How may I pay for my Intensive fee?

A. Payments can be made by Credit Card through the Sofia University student portal or out of your Financial Aid, if access funds are available. Contact Student.Accounts@sofia.edu for more information on making payments.

***Note that:** *Financial Aid must be secured and in place at least 2 weeks before you can authorize use of excess financial aid funds to pay your intensive fee. To do so:*

- Secure both a Stafford and have a Grad Plus Loan
- Confirm award with Financial Aid Office to ensure funds are available
- Authorize by signing in appropriate section of Intensive Sign-up Form
- You must register for a course in addition to the Intensive course
- Contact Financial.Aid@sofia.edu if you have any further questions

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

A. Lunch will NOT be provided to students on campus. The exception will be a Welcome Lunch on the first day of the Intensive, Mon, Sept 28th. All other meals will be on your own. Limited snacks, coffee, & tea will be available on campus daily.

Q. What lunch options are available near the campus?

A. There will be a 1 ½ hour lunch daily (11:30am-1:00pm). On campus, we have multiple refrigerators and microwaves available to store and heat up your meals. In addition, there are many nearby restaurants and stores ([grocery](#)).

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

A. No, though this is a one-story campus with large halls, easy access to the outdoors, and many academic spaces accessible, the entire campus is not fully ADA accessible. There are wheel-chair accessible bathroom stalls in every restroom, there are push buttons on three of the exterior doors, ramps, and designed handicapped parking.

***Note:** *If you have any specific accessibility needs, contact the Dean of Student Services, Rosalie Cook at rosalie.cook@sofia.edu.*

Q. Will there be a nursing station available on campus?

A. Yes, there will be a nursing room for those that need this while on campus in one of the offices in building 4.

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

A. Sofia's Costa Mesa campus is a beautiful 14-acre property with lots of green space for outdoor activities, breaks, and gatherings. There is a large cafeteria space with a few refrigerators, microwaves, and hot water dispensers. There is a student lounge with seating, pool table, and ping pong. We also have a Family Room with cozy chairs, a mini-fridge, and plenty of outlets. There are no showers or workout facilities on campus.

INTERNATIONAL STUDENTS

Students residing abroad who are not U.S. citizens/ U.S. Permanent Residents are required to obtain an I-20 from Sofia University and apply for the F-1 visa to attend the Intensive

DOCUMENTS TO BRING WHEN ENTERING THE U.S.

- Valid passport
- B-2 Tourist Visa [click here](#).

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, please 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.

OTHER INFORMATION/ MISCELLANEOUS

Q. Is there internet access on campus? Will I be able to use my cell phone and laptop?

A. Costa Mesa campus has internet access throughout the facility. Wi-Fi information and the password will be provided upon arrival and posted across the campus.

Q. What are the average temperatures?

A. The average temperatures in Costa Mesa during the scheduled Fall seminar: highs 90°s and low 60°s F. For more information about Costa Mesa weather see [National and Local Weather Radar, Daily Forecast, Hurricane and information from The Weather Channel and weather.com](#)

Q. What is the appropriate dress for the Intensive?

A. Appropriate dress is casual and comfortable layered for local temperatures (see above) both day and evening. 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) | • Prescription medicines/Cold medications/pain reliever, etc. |
| • Sweater or jacket for early mornings/late evenings | • Journal/notebook and pen, drawing pencils, etc. |
| • Comfortable Walking shoes | • Water bottle and/or coffee/tea travel mug |
| • Face masks and hand sanitizers | • Travel blanket or shawl |
| • Cup for hot & cold beverages | |

Q. What procedures are in place for emergencies?

A. Emergency procedures will be posted around campus. In case of earthquakes, 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: <https://www.cdc.gov/>.

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

A. Information will be posted to the Sofia University website in the [Academic Calendar](#). Also, all dates of future intensives are on your cohort flowchart.

Q. Can I bring my pet or emotional support animal on campus?

A. No. Pets and emotional support animals are not permitted on campus. ONLY [trained Service Dogs](#) are allowed on Campus. Students who use a service dog must request accommodation through Student Services and register their service dog *before attending* in-person sessions. To request an accommodation, contact rosalie.cook@sofia.edu for an appointment. For more information, see the [Service Dog Policy](#)

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/calendar/upcoming-events>
[Costa Mesa Activities | Museums, Attractions, Workouts, Outdoors](#)

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

A. Contact olivia.jenkins@sofia.edu or student.services@sofia.edu

***The Faculty and Staff of Sofia University wish you a
blessed and fruitful Intensive!***