**2023 Fall MACP Intensive**

**Thursday, September 21st – Saturday, September 30th, 2023**

**(Optional Welcome Reception Wednesday, 9/20 from 6-8pm on campus)**

at

*Sofia University Costa Mesa Campus*

*3333 Harbor Blvd, Costa Mesa, CA 92626*

*For your convenience, we have secured a reduced hotel rate at the Crowne Plaza, Costa Mesa*

***Note****: Lodging is the student’s responsibility. However, the University has arranged for a block of discounted rooms ($164/night) 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 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).*

1. **What are the dates and schedule for the Fall Intensive?**

A. The schedule for the intensive is Thursday, 9/21 - Saturday, 9/30, 9:00am-6:30pm every day with hosted lunch. There will be an optional hosted “MACP Welcome Reception” on Wednesday, 9/20, 6-8pm, for students, staff and faculty that would like to gather.

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

A. The Intensive begins on Thursday, September 21st at 9:00am. Please plan your arrival accordingly. There will be an MACP Welcome Reception on Wednesday, 9/21, 6-8pm on campus in the cafeteria.

### **INTENSIVE 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 in Orange County, in southern California, just 15 minutes from the John Wayne (SNA) Santa Ana airport,

**Q.**  **Is there any support or guidance that Sofia offers for logistics or accommodations 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) at the [Crowne Plaza](http://www.crowneplaza.com/costamesaoc) *(Group Code:* [***SUS***](http://www.crowneplaza.com/costamesaoc) *must be used for discount*).

**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](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****: The University has made arrangements for discounted rooms ($164/night) at a hotel 10 minutes from Campus, the* [*Crowne Plaza*](http://www.crowneplaza.com/costamesaoc)*. Discounted rooms are limited and available* ***through Monday, August 28th*** *on a first come first served basis.* *For the discounted rate,* *make sure to use the Group Code:* [***SUS***](http://www.crowneplaza.com/costamesaoc) *. The hotel will include a 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.** **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.***

**TRAVEL**

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

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

**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/*](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. Parking is free at our Costa Mesa campus. The recommended [Crown Plaza](http://www.crowneplaza.com/costamesaoc) is offering discounted parking of $10/day.

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

**A.** Yes. Upon arrival you may park at the designated parking lot area.

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

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

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

**INTENSIVE RESERVATIONS & FEES**

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

**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). 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 intensive registration form?**

**A.** YES, ALL STUDENTS MUST COMPLETE AND SUBMIT AN INTENSIVE REGISTRATION FORM. You will receive this form link via email. Sofia University needs this to acknowledge your attendance at the Intensive. By filling out your registration form you will:

* *If applicable, authorize Sofia University to use financial aid excess as payment of your Intensive fee of $675 (only if you applied for Grad Plus Loan). A credit card will still need to be on file. Fee is $500 without lunch.*
* *Provide Sofia with needed information such as emergency contact, photo release, etc.*
1. **Is there a reservation and registration deadline?**
2. 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/night) at a nearby hotel, the* [*Crowne Plaza*](http://www.crowneplaza.com/costamesaoc)*. There are a limited number of discounted rooms available through August 28th on a first come first serve basis.*

1. **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 2023 quarter. There is an additional Intensive fee of $675 added for in person intensives. Though a highlight of the seminar is sharing meals with colleagues and peers, we will offer a reduced fee of $500 upon request for those who prefer to opt out of all lunches. This can be paid by CC or FA, if you have excess funds. Contact Student.Accounts@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 FA23 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.** This can be paid out of your Financial Aid or by Credit Card through the Sofia University student portal.

***Note that:*** *Financial Aid must be secured and in place before you can authorize use of excess financial aid funds to pay for your intensive fee. 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 Intensive Registration Form.*

**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.** Sofia’s Costa Mesa campus is a beautiful 14-acre property with lots of outdoor green space for outdoor activities, breaks, and gatherings. There is a large cafeteria space with a few refrigerators, microwaves, and hot water dispensers available. There is a student lounge with seating, pool table, and ping pong. There are no showers or workout facilities on campus.

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

**A.** 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, none of the interior doors, ramps, and designed handicapped parking.

If you have any specific accessibility needs, contact rosalie.cook@sofia.edu. She is happy to work with you.

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

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

**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.

**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. You are responsible for applying for a B-2 Tourist Visa for the intensive workshop. For more details about the process [click here](https://travel.state.gov/content/travel/en/us-visas/tourism-visit/visitor.html).

DOCUMENTS TO BRING WHEN ENTERING THE U.S.

* Valid passport
* B-2 Tourist Visa
* Full CDC Vaccination COVID-19 record (non-citizen air travelers to the United States to be fully vaccinated and to provide proof of vaccination status prior to boarding an airplane to the United States remains in effect).
* COVID-19 Negative Test Result (show documentation of a negative viral test result taken within one day of the flight’s departure to the United States before boarding).

**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: Ray Porras 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**. **What are the average temperatures?**

**A.** The average temperatures in Costa Mesa during the scheduled Fall seminar: highs 90ºs and low 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.**  All students will be required to test negative 24hrs prior to arrival at the Seminar. Masks will be strongly recommended when inside. PCR & Rapid Covid tests will be available on-site if needed. You will receive an email with information about the Testing service we have contracted with that you may opt to use to take PCR tests before, during, and after the seminar. 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/> . [Covid testing sites](https://www.covidclinic.org/costa-mesa-ca/) are also available.

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

**A.** Drumming is allowed on campus.

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

**A.** Information will be posted to the Sofia University website but currently all dates of future intensives are on your cohort flowchart.

**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>

https://www.travelcostamesa.com/play/costa-mesa-arts-and-recreation

**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 Intensive!***