Survive and Thrive
A guide for incoming international public health students from across the globe

Autumn 2013
INTRODUCTION

This Guide is intended to provide resources and helpful information for new international students in the UNC-CH Gillings School of Global Public Health. It will be revised and updated regularly, and input from students, faculty and staff is very welcome!

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Comments and improvements are welcome! Please contact Jason Mose at mose@unc.edu or Naya Villarreal at nayavill@email.unc.edu

This Guide is a complement to:

2. International Students and Scholars Services http://oisss.unc.edu/students/index.html

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Preparing for F-1 visa interview:

Immediately after you receive your letter of admission, it is important that you start gathering documents and generally preparing for your visa interview.

Here are steps in preparation for the interview:

**STEPS**

1. Contact your local [U.S. Consulate or Embassy](http://www.nafsa.org/findresources/Default.aspx?id=8633) to ask about how to get an F-1 international student visa.

2. After you receive an I-20 form from UNC, follow the U.S. Embassy/Consulate’s instructions to schedule an interview for your F-1 student visa. It is important to apply for your student visa as far in advance as possible. Many consulates recommend that appointments be made no more than 90 days from the intended date of travel, but some can make earlier arrangements for interviews. Other embassies and consulates fill up fast so check with them on the wait time and how far out you can apply.

   Wait times for interview appointments vary by location, season, and visa category, so you should apply for your visa early. Review the interview wait time for the location where you will apply.

3. Pay the visa application fee by following instructions on your local [U.S. Embassy's or Consulate's web site](http://travel.state.gov/visa/temp/types/types_1268.html#interview).

4. If your I-20 was issued on or after September 1, 2004, and is marked for "initial" attendance (see #3 on your I-20 form), you will also need to pay the $200 SEVIS fee.

5. Complete the following forms:
   - DS-156 Nonimmigrant Visa Application Form
   - DS-158 Contact Information and Work History for Nonimmigrant Visa Applicant
   - if a male between the ages of 16 and 45, DS-157 Supplemental Nonimmigrant Visa Application

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1 This information was in part retrieved from National Association of Foreign Student Advisers [http://www.nafsa.org/findresources/Default.aspx?id=8633](http://www.nafsa.org/findresources/Default.aspx?id=8633) and The U.S. State Department [http://travel.state.gov/visa/temp/types/types_1268.html#interview](http://travel.state.gov/visa/temp/types/types_1268.html#interview)
To Pay By Mail

- Get a Form I-901 “Fee Remittance for Certain F, J, and M Nonimmigrants.”
- Download the I-901 form or
- Ask for the form by phone at 800.870.3676 (inside the United States)
- Complete the Form I-901. Be sure to write your name exactly how it appears on your I-20 form.
- Prepare a check, international money order or foreign draft (drawn on US banks only1) in the amount of $200 USD, made payable to “The Department of Homeland Security, Immigration and Customs Enforcement.”
- Many foreign banks are able to issue checks or money orders drawn on a U.S. bank. You may therefore obtain a check from a bank chartered or operated in the United States, a foreign subsidiary of a U.S. bank, or a foreign bank that has an arrangement with a U.S. bank to issue a check, money order, or foreign draft that is drawn on a U.S. bank.
- Mail the completed I-901 and payment to the address listed on Form I-901.
- A Form I-797 receipt confirmation letter should be mailed within 3 days of processing the fee. Be sure to make copies of this receipt letter, and keep it with your other important immigration documents.

To Pay Online

- Find the I-901 Form
- Complete the form online and supply the necessary Visa, MasterCard or American Express information. *Be sure to write your name exactly how it appears on your I-20 form.
- Print a copy of the online receipt.
- Be sure to make copies of your receipt, and keep it with your other important immigration documents
- You must bring the receipt of fee payment with you to the interview. If you have lost the receipt, the Visa Officer should be able to view your payment history in his or her database.
- If you are transferring schools, extending your program, applying for an F-2 dependent visa, or have paid this fee and been denied a visa within the last twelve months, you do not need to pay the $200 SEVIS fee.

**NOTE:** In some countries the embassies and consulates have an arrangement whereby you can pay in a local bank and take the receipt with you. In others, they allow mobile money payments. Check with your local embassy/consulate to find out which method is preferable and convenient.

6. Prepare and bring to your visa interview the following:

- A passport valid for at least six months
- Form I-20 (sign the form under Item 11)
- School admission letter
- Completed visa applications (DS-156, DS-158, and, if applicable, DS-157)
- Two 2”x 2” photographs in the prescribed format
- A receipt for the visa application fee
- A receipt for the SEVIS fee. If you have not received an official receipt in the mail showing payment and you paid the fee electronically, the consulate will accept the temporary receipt you printed from your computer. If you do not have a receipt, the consulate may be able to see your payment electronically if your fee payment was processed at least three business days before your interview.
- Financial evidence that shows you have sufficient funds to cover your tuition and living expenses during the period you intend to study.
- Any information that proves that you will return to your home country after finishing your studies in the United States. This may include proof of property, family, or other ties to your community.

7. Remain calm and answer all the Visa Officer's questions to you openly and honestly.

In summary, here are quick DOs and DON’Ts

**DOs:**

- Ensure that your form I-20 is received at least two months before the anticipated departure date.
- Pay the SEVIS fee at least six weeks before anticipated departure date.
- Apply and book for a visa interview in your country at least a month before anticipated departure date (check with your local embassy/consulate for the wait time).
- Make contact with the departmental student buddy at least three weeks before anticipated departure date.
- Book your flight at least three weeks before anticipated departure date.
- Ensure that any food items that you intend to travel with are properly sealed, labeled, and are permissible on the flight.
- Keep all your travel documents in a portable, easily accessible carrier during your flight to the United States.
- Make provision for airport pick up on the day of arrival.
- Make provision for temporary housing arrangement while looking for permanent housing.
- Anticipate some degree of cultural shock in terms of food, skin changes and lifestyle.
- Ask for clarification if confused at any step of your transition.

**DON’T:**

- DO NOT carry items that are not permissible on flights, such as raw, not properly preserved and labeled food items and liquid substances in hand luggage.
- DO NOT carry sharp objects.
- DO NOT attempt to help a stranger with luggage during the course of your flight to the United States. This may include a request for simple assistance such as holding on to any item.
- DO NOT sign a lease (See Lease below) unless you are certain of living in the apartment. A signed lease is a binding contract. Some international students have had difficulty with this in the past.
- DO NOT sign a utility or service contract if you don’t intend to maintain it at least for a year. For example most phone contracts run for two years, and if you cancel before two years have elapsed you will incur penalties. The same may apply to cable and internet among other services.
- DO NOT eat large quantities of any food you are uncertain your body would tolerate.

REMEMBER: Upon arrival at UNC you MUST check in with International Students and Scholars Services. [http://oisss.unc.edu/students/index.html](http://oisss.unc.edu/students/index.html)

SETTLING AND BASICS OF LIVING IN NORTH CAROLINA  *(when to read – 30 days before departure – 60 days after arrival in U.S.)*

**Housing: Finding a place to live**

**Finding housing**

Most university students in the U.S. live on or near campus. The vast majority of UNC graduate and professional students live off campus in areas in Chapel Hill, Carrboro, or Durham. Contacting current students to find their favorite apartment complexes, neighborhood, or roommates can be helpful.

Students who live off-campus generally find a place less than a mile or two away. Not only is this convenient for getting to and from campus, but much of the social life occurs on campus. The U.S. educational experience is not confined to the classroom, and you will find yourself learning as much from your fellow students as from the faculty.

If on-campus accommodations are available, you should seriously consider living on-campus, at least for the first year. Since this is possibly your first trip to the United States and maybe even your first time living alone, on-campus housing will help cushion the transition to life in the United States. Later, when you are more familiar with the neighborhood, you can consider moving off-campus.

Renting a house is usually a viable option only if you will be sharing it with several roommates. You will certainly get more for your money if you rent a house. But most communities have limits on the number of unrelated people who can live together, with most cities having a limit ranging from 3 to 5. These laws are intended to prevent

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2 Text for this section is extracted directly from the web site: [http://www.ils.unc.edu/~cuevacha/allunc/housing.html](http://www.ils.unc.edu/~cuevacha/allunc/housing.html).
overcrowding for health and safety reasons. In any event, the process for renting a house is similar to renting an apartment.

When looking for an apartment, ask friends and fellow students if they know of a good apartment. Sometimes they will know someone who is moving out of a good apartment or may be moving themselves. Such desirable apartments are rarely advertised because they are rented very quickly.

The school may have a bulletin board with apartment listings. The bulletin board may be on a wall near the housing office, or in digital form on the campus computer network. It will include listings from local landlords as well as students looking for someone to sublet or take over their lease.

Many local apartment complexes are on the free bus lines (Chapel Hill Transit, CHT) in Chapel Hill and Carrboro. If at all possible, it is highly recommended that you live near a free CHT bus line, especially since UNC has instituted Park and Ride fees (See Transportation).

Housing Information:

The Village Advocate and Chapel Hill News also have listings for roommates and apartments/ houses. Craigslist has ads for roommates and housing. The UNC student Newspaper, the Daily Tar Heel (DTH) posts housing options at http://www.dailytarheel.com/index.php/ and http://www.heelshousing.com as well as links to resources for off-campus life.

Other Off-Campus Housing Links:

- Apartment Finder— www.apartmentfinder.com
- Apartment Ratings— www.apartmentratings.com
- Craigslist— http://raleigh.craigslist.org (Note: Never wire money or pay cash to somebody without a lease, unless it is somebody you know)
- Rent.com— www.rent.com

Living on Campus Option

- Graduate and professional students can select apartment-style housing in Odum Village Apartments. Students are encouraged to apply early once the application becomes available in March.
- Approximately 120 graduate/professional student spaces in 1- and 2-bedroom apartments (all with private bedrooms) are reserved.
- Contact Housing and Residential Education at 1-800-UNC-5502, for information on residence hall assignments; email odumvillage@unc.edu for student family housing information (Single graduate students and student families are eligible to apply for housing at Baity Hill Apartments); see the Housing website for apartment and other links to off-campus housing (http://housing.unc.edu/).
• An especially good apartment locator is at http://www.myapartmentmap.com/colleges/nc/university_of_north_carolina_at_chapel_hill/.

For more information visit: http://housing.unc.edu/future-residents/graduate-students, call 919-962-4501 or email housing@unc.edu

Other things to consider:

Parking: There is no free parking on-campus from 7:30 am—5:00 pm during the week. However, there are pay lots on Franklin St., Rosemary St., and on South Campus. As it stands now, you may park for free in most campus lots after 5:00 pm and all day on weekends, with a few exceptions for football and basketball game days and special events (marked by ★ signs). Night parking permits will be introduced in fall 2014.
http://www.dps.unc.edu/Parking/parkingnav.cfm
http://www.parkonthehill.com/

Commuting: Using the bus lines, biking or walking to and from the university is highly recommended. (See Transportation)

Understanding Apartment Listings

Apartments for rent are often described using cryptic language and abbreviations. You will need to learn to decode apartment listings in order to find a place that meets your needs. There are several options available for housing:

• Sleeping Room. A sleeping room is a single room, usually furnished, located in a private home, with a shared bathroom and kitchen. This is the least expensive option, but provides little privacy.
• Efficiency. Efficiency is a single room with a private bathroom. The room will include a small alcove that serves as a kitchen and should provide a stove, refrigerator, sink, and cabinet space.
• Studio. A studio is somewhat larger than an efficiency, and has a separate kitchen and eating area.
• One, Two, or Three Bedroom. Regular apartments include a separate kitchen, bathroom, living room and/or dining room, and the number of bedrooms advertised.

Some rentals include the cost of utilities (water, gas, electricity) in the monthly rent while for others you must pay separately or split the cost with your roommates.

• Utilities. If the advertisement says that utilities are included, that usually means electricity, heat/gas, and water/sewage, but not telephone or cable TV. If the advertisement doesn’t specify any utilities, assume that you will be responsible for paying for them. Water and sewage fees are usually paid by the landlord, except if you are renting a house.

3 Text for this section is extracted directly from the web site: http://www.edupass.org/living/housing.phtml.
• **Furnished or Unfurnished.** A furnished apartment will include a bed, chest of drawers or dresser, a couch or sofa, and a dining room table and chairs. A furnished apartment will also include a stove and refrigerator. An unfurnished apartment will include a stove and refrigerator but nothing else. A furnished apartment will cost you an extra $50 a month. You are probably better off renting an unfurnished apartment and buying used furniture. Graduating students often sell their furniture to incoming students. Most apartments are rented unfurnished.

• **Parking.** If you intend to own a car, an apartment that includes a garage or off-street parking is better than one that doesn't. It is sometimes difficult to find a parking space on the street, especially if many students with cars live nearby.

You should also ask whether there are any laundry facilities. In apartment buildings there is usually a coin operated washer and dryer, but not always.

**Leases**

A lease is a written contract between the tenant (you) and a landlord which allows you to use a dwelling for a designated period of time in exchange for monthly rent payments. The lease outlines the restrictions on the use of the dwelling and the responsibilities of tenant and landlord. A lease is a legal document and should be read carefully before signing. The lease should specify at least the following:

• **The amount of the monthly rent** and when it should be paid. The lease might mention how the rent will increase in subsequent years. **Whether utilities are included** in the rent, and if so which ones. Heat and electricity are the most important.

• **The time period** covered by the lease, usually one year.

• **Restrictions** on the number of unrelated people who may occupy the dwelling.

• **The amount of the security deposit,** which must be paid in addition to the first month's rent when you sign the lease. The security deposit can be as much as twice the monthly rent. If you have a pet, there may be a separate security deposit for the pet if the landlord allows pets. The deposit will be refunded at the end of the lease if the apartment is left in good and clean condition. If not, the landlord will use the security deposit to cover the cost of cleaning and repairing the apartment. Accordingly, if there are any problems with the apartment they should be noted on the lease, so that you will not be held responsible for them when you move out of the apartment.

• **Restrictions on pets,** children, and noise. Many landlords do not permit pets because of the potential for damage and noise. The lease may also contain a provision prohibiting noise from musical instruments, stereo systems, loud parties, and other sources.

• **Landlord responsibilities,** such as repairs to heating and plumbing facilities and fire or water damage that wasn't caused by the tenant.
• **A clause about terminating the lease.** This clause will describe the penalties to the tenant for breaking the lease. Such penalties can range from forfeiting the security deposit to being responsible for the remaining rent.

• **A clause about subletting.** This clause will either allow or forbid the tenant from subletting the apartment to another person during the term of the lease. It is best to have a lease that permits subletting. If you decide to move to a different apartment before the end of your lease, subletting allows you to rent the apartment to someone else. Otherwise you will be responsible for the rent for the remainder of the lease.

• **A clause about eviction proceedings.** This clause describes the rights of tenant and landlord should the landlord want to force the tenant out of the property during the term of the lease. The most common reasons for an eviction include failure to pay the rent when due or causing significant damage to the property.

• If the lease includes a **wear and tear clause**, this allows the landlord to charge you for repainting the apartment at the end of the lease.

**Read the lease carefully before signing.** If you don't understand part of the lease, ask the landlord or a friend to explain it to you. It is advisable you take a friend who has better understanding with you if you are not so sure about the lease or apartment search in general.

Don't be afraid to cross off provisions with which you disagree just because it is a printed form. Both you and the landlord must initial any changes to the printed lease. If the landlord promises to make certain repairs or there are pre-existing problems with the property, attach a list to the lease and have the landlord sign it. The list should include all problems, including leaking faucets, clogged drains, stains on the walls and rugs, peeling paint, cracks and holes in the walls and ceiling, non-functional kitchen appliances, and anything else you notice.

Most states have laws which do not permit you to sign away your rights, so clauses which have you waive the provisions of specific laws are usually void. Clauses which talk about money, dates when things happen, restrictions on the use of the property, and other clauses mentioned above, however, tend to be binding. If you have any questions about any clause, ask before you sign, not after.

When you pay for the rent and security deposit, get a receipt. Get a separate receipt for the rent and security deposit. It is best to pay the rent by check, and to use a separate check for the security deposit. You will need this at the end of the lease in order to recover your security deposit. To get your security deposit returned when you move out, return the key to the landlord and provide a forwarding address. We recommend sending this by certified mail, return receipt requested, so that you have proof that the key and forwarding address were received by the landlord. The landlord then has 30 days to return your deposit or send you a list of the repairs, their actual cost, and any money left in the security deposit.
Although the landlord is obligated to return the security deposit to you if you leave the property in undamaged condition at the end of the lease, some landlords will try to take advantage of international students. After all, if you are moving back to your home country, you are less likely to protest if the landlord refuses to refund your security deposit. The best defense against this practice is to ask your fellow students which landlords have a reputation for such practices.

Be sure to write down the name, address, and telephone number of the landlord, as well as the handyman responsible for maintaining the property. You will need this information to turn on the utilities and telephone service.

Utilities

If the rent does not include utilities, you will have to get the utilities turned on when you move in. The landlord can provide you with the name and telephone numbers of the gas, electric, and telephone companies that service your apartment. They may be able to schedule service over the phone, or they may require you to visit their offices. If you don't have a good credit history, they may require you to pay a security deposit. The security deposit will be refunded (with interest) after one year if your bills are paid promptly.

The gas and electric companies typically provide two payment options. The first requires you to pay the full amount due each month. The other lets you pay an estimated budget amount each month, with any difference being reconciled at the end of the year. Some people find this more convenient, since gas and electricity bills can otherwise vary considerably during the summer and winter months.

RENTER’S/HOME INSURANCE

Renter’s insurance is advisable and most landlords require coverage before moving into your apartment. Insurance can help you recover from property loss due to fire, theft, natural disaster etc. The landlord is not responsible for your belongings if they are destroyed in a fire or stolen. Most renter’s insurance policies also protect you if someone is injured while in your apartment or if you cause significant damage to the apartment. Here is a useful guide from the North Carolina Department of Insurance.

Consumer Guide to Renters Insurance - North Carolina Depart

For a typical two bedroom apartment the fee for renter’s insurance can range from $130 to $160 dollars.

Here are some insurance companies that offer renter’s insurance. Another tip to save is to bundle your renter’s insurance with your car insurance.

Securing Utilities and Basic Household Needs

**Telephone**

The major phone carriers include AT&T, MCI and Sprint. You can change the carrier later (after the expiry of the contract period in case of cell phone, usually two years and sometimes one year). Call each of the carriers and ask about their discount calling plans. You will need to be persistent in asking for the discount plan that offers you the greatest savings based on your calling patterns. Remember to mention that you will be making international calls.

The telephone company will also offer you a variety of optional services, such as Call Waiting and Caller ID. These services cost extra money and are not necessary. They will also offer a calling card, which you can use to bill calls to your phone number from any phone. The card is free, but calls billed to the card are charged higher rates.

Soon after you arrange for telephone service, you will receive free copies of the local telephone directories. The telephone directories are known according to the color of their pages.

**White Pages:** list the telephone numbers of residents, organized alphabetically by name

**Blue Pages:** often part of the white pages, contain a list of government telephone numbers. If you need the telephone number for the local immigration office, look in the blue pages.

**Yellow Pages:** contain listings and advertisements for businesses organized both alphabetically and by type of business, product, or service. Yellow pages are also included online on sites such as yahoo.com.

To call an international telephone number, dial 011, the country code, the city code, and the telephone number. Omit any leading zeros from the country code. You can find a list of country and city codes in the white pages.

Toll free numbers are like long distance numbers, but with an area code of 800, 888, or 877. Telephone numbers with an area code of 700 or 900 are for pay services and usually involve substantial per-minute charges. We recommend asking the telephone company to block access to 700 and 900 numbers on your phone lines.

If you need someone's telephone number but do not have a telephone book, you can call directory assistance for the number. They will ask for the name and city of the listing, and tell you the telephone number. They will charge you for each time you use this service; however, you can also use free directory assistance by dialing 1-800-373-3411.

To reach local directory assistance, dial 555-1212 or 411. To reach long distance directory assistance, dial 1, the area code, and 555-1212. To find the toll free number for a major company, call 1-800-555-1212; there is no charge for this call. There are
also several free searchable directories on the world wide web, such as 555-1212.com, BigBook, Switchboard, WhoWhere, WorldPages, Yahoo People Search, and Zip2.

Payphones charge 25¢ to 35¢ for a one-minute local call. Charges for long distance calls are much higher. Most payphones accept credit cards, either directly or by dialing a toll free number. For example, dial 1-800-CALL-ATT to charge a telephone call using AT&T long distance to your credit card. You may also purchase prepaid phone cards from many businesses, such as grocery stores and gas stations.

To make a collect call (reverse the charges), dial 0 followed by the area code and telephone number. Tell the operator that you are making a collect call. You can also make collect calls by calling 1-800-CALL-ATT (1-800-225-5288) or 1-800-COLLECT (1-800-265-5328).

There are various **home phone service (land line) providers** in Chapel Hill, Carrboro, and Durham, whom you can contact directly, including AT&T, Verizon, Vonage, Comcast Cable, and Time Warner Cable.

**NOTE:** Most graduate students have cell phone services and do not have land lines. In most cases the cell phone is enough for your communication unless, of course, you have a family and would like a cheap landline. Check with your internet and cable provider, since you might save by bundling the services. Voice Over Internet Protocol (VOIP) phone services like Vonage are becoming popular, especially if you make frequent international calls.

**Internet Service**

If your friends and family back home have access to email, sending email can be one of the most cost-effective methods of communicating. UNC provides wireless and wired internet connection that you may use to communicate back home.

There are several option for video and audio communications that are free of charge so long as the other individual in your home country or foreign country has the same service. These include: [www.skype.com](http://www.skype.com) [http://www.google.com/talk/about_whatsnew.html](http://www.google.com/talk/about_whatsnew.html) [http://messenger.yahoo.com](http://messenger.yahoo.com)

All of these allows free computer-to-computer calls, video and chat functionality. Otherwise, the telephone company or any of a large number of internet service providers (ISPs) can provide unlimited monthly high-speed Internet access for a fee.

Another option includes buying a "netcard" from any cell phone company to get remote internet access from any location.
<table>
<thead>
<tr>
<th>Utility</th>
<th>Service Area</th>
<th>Source</th>
<th>Deposit</th>
<th>Charge</th>
<th>Time Required</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cable</td>
<td>Chapel Hill &amp; Carrboro</td>
<td>1201 Raleigh Rd Chapel Hill (919) 213-6363 <a href="http://www.timewarnerg.com/en/residential-home.html">http://www.timewarnerg.com/en/residential-home.html</a></td>
<td>Varies Some apartments bundle cable with rent- ask your landlord</td>
<td>Depends on # of outlet and services.</td>
<td>2-3 business days</td>
</tr>
<tr>
<td></td>
<td>Chapel Hill &amp; Carrboro</td>
<td>Duke Power Co. 2700 Homestead Rd Chapel Hill 27516</td>
<td>Call for information</td>
<td>Depends on usage</td>
<td>24 hrs notice</td>
</tr>
<tr>
<td></td>
<td>Chapel Hill &amp; Carrboro</td>
<td>Piedmont Electric Post Office Drawer 1179 Hillsborough, NC 27278-1179</td>
<td>Varies. Those with bad credit score or no credit history can prepay for a year</td>
<td>Depends on usage</td>
<td>Depends, sometimes immediate</td>
</tr>
<tr>
<td>Water &amp; Sewer</td>
<td>Durham</td>
<td>Durham Water &amp; Sewer Customer Service 101 City Hall Plaza 27701 560-4412 <a href="http://www.durhamnc.gov">www.durhamnc.gov</a></td>
<td>$ 50 Check with your landlord if service is bundled with rent</td>
<td>Depends on usage</td>
<td>1 Business day</td>
</tr>
<tr>
<td></td>
<td>Chapel Hill &amp; Carrboro</td>
<td>Orange Water &amp; Sewer Authority (OWASA) 400 Jones Ferry Rd. Carrboro 27510 968-4421 <a href="http://www.owasa.org">www.owasa.org</a></td>
<td>Service initiation fee</td>
<td>$40 before 4pm wkdays $70 after 4 pm and weekend</td>
<td>Same day except on holidays.</td>
</tr>
<tr>
<td>Gas</td>
<td>Chapel Hill</td>
<td>PSNC Energy</td>
<td>Varies w/house size</td>
<td>None</td>
<td>2-3 business days</td>
</tr>
</tbody>
</table>
Course Work Books

Remember when dialing a local phone number you have to include the area code. The area code for Carrboro, Chapel Hill, Durham, Hillsborough, and Raleigh is 919

1. The Bookshop
   400 W. Franklin St. Chapel Hill 942-5178

2. Nice Price Books (Books, records, tapes, magazines, CD's, videos)
   100 Boyd St. Carrboro 929-6222
   811 Broad St. Durham 416-1066
   3106 Hillsborough St. Raleigh 829-0230

3. The Book Market (Mostly used paperbacks)
   200 N. Greensboro St Carrboro 929-7264 (Carr Mill Mall)

4. Internationalist Books and Community Center
   405 W. Franklin St. Chapel Hill 942-1740

5. Tarheel Bookstore
   119 E. Franklin St. Chapel Hill 960-602

Consignment & Thrift Shops

1. PTA Thrift Shops (Clothing, housewares, books, furniture)
   103 S. Elliot Rd. Chapel Hill 942-6101
   115 W. Main St. Carrboro 942-6565

2. Baby Bear (Children's clothing up to size 14, books, baby supplies, maternity clothes)
   3409 University Dr. Durham 493-0854

3. Thrift World
   2000 Chapel Hill Rd. Durham 490-1556

4. Goodwill Store
   4318 Garrett Road, Durham 493-1182
   5267 N.Roxboro Road, Durham 479-1141
   520 Hampton Point Blvd. Hillsborough 245-1209

Don’t forget you can find the Booklist for your courses online before the semester even begins!
Go to www.my.unc.edu and sign in using your onyen.
Click on the link to ConnectCarolina, login, and scroll to bottom. Click Buy Books for list of books needed and for access to Student Stores.

Remember you can also buy books cheaply online
   Half.com
   Amazon.com
   Booksprice.com
Used Furniture Stores

1. Trosa Furniture and Frame Shop 313 Foster Street, Durham  682-1495
2. Furniture  http://raleigh.craigslist.org/fua/
3. Also, check the Village Advocate, a bi-weekly want-ad paper, for used furniture and yard sales, as well as the News and Observer classified ads

NOTE: When buying used furniture and bedding, make sure you inspect the items piece by piece, including underneath and in the seams, and be cautious of infestation of bed bugs and cockroaches.

Grocery Stores

Food Lion

<table>
<thead>
<tr>
<th>Location</th>
<th>City</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrboro Plaza</td>
<td>Carrboro</td>
<td>932-1589</td>
</tr>
<tr>
<td>Willow Creek Shopping Center</td>
<td>Carrboro</td>
<td>942-091</td>
</tr>
<tr>
<td>Timberlyne Shopping Center</td>
<td>Chapel Hill</td>
<td>929-0458</td>
</tr>
</tbody>
</table>

Wal-Mart Superstores: (You can find discounted groceries and other items including “do it yourself furniture”, beddings, electronics and clothes – if you don’t mind cheap non-brand name items.)

<table>
<thead>
<tr>
<th>Location</th>
<th>City</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>12500 U.S. 15-501 N.</td>
<td>Chapel Hill</td>
<td>357-9039</td>
</tr>
<tr>
<td>5450 New Hope Commons Dr.</td>
<td>Durham</td>
<td>489-4412</td>
</tr>
</tbody>
</table>

Fresh Market

<table>
<thead>
<tr>
<th>Location</th>
<th>City</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>1200 Raleigh St.</td>
<td>Chapel Hill</td>
<td>932-7501</td>
</tr>
</tbody>
</table>

Harris Teeter

<table>
<thead>
<tr>
<th>Location</th>
<th>City</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>1800 Airport Rd.</td>
<td>Chapel Hill</td>
<td>968-0110</td>
</tr>
<tr>
<td>Carr Mill Mall</td>
<td>Carrboro</td>
<td>942-8564</td>
</tr>
<tr>
<td>Meadowmont Village</td>
<td>Chapel Hill</td>
<td>932-5020</td>
</tr>
<tr>
<td>University Mall</td>
<td>Chapel Hill</td>
<td>933-5700</td>
</tr>
</tbody>
</table>

Trader Joe’s (Inexpensive alternative to Whole Foods – they carry organic and healthy foodstuff)

<table>
<thead>
<tr>
<th>Location</th>
<th>City</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>1800 E. Franklin St.</td>
<td>Chapel Hill</td>
<td>918-7871</td>
</tr>
</tbody>
</table>

Kroger-

<table>
<thead>
<tr>
<th>Location</th>
<th>City</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>3420 SW Durham Dr.</td>
<td>Durham</td>
<td>403-6945.</td>
</tr>
<tr>
<td>202 N Carolina 54</td>
<td>Durham</td>
<td>361-9893</td>
</tr>
<tr>
<td>3825 S Roxboro St.</td>
<td>Durham</td>
<td>361-0470</td>
</tr>
</tbody>
</table>
**Ethnic Grocery Stores**

**Asian Stores:**

**Eastern Market Oriental Food & Gifts** 505 W Rosemary St, Chapel Hill, NC 27516 (919) 968-1703

**Li Ming's Global Mart** (also has wide selection of Hispanic/Latino and Indian foods) 3400 Westgate Dr. Durham, NC 2770 (919) 401-5212 Hours 7 Days a week 9am-9pm

**Classic Silver Wok Gourmet** 7 Mariakakis Plz Chapel Hill, NC 27514 (919) 933-2423

**Spice Bazaar (Southern Asia)** 4125 Durham Chapel Hill Blvd, Durham, NC 27707 (919) 490-3747

**Around The World Market (Indian)** – They usually have specials like Ramadan sale etc.

**Two Locations:**
1708 E NC Highway 54 Durham, NC 27713
Hours: 11 am - 9 pm Open 7 Days a Week.
Phone: (919) 572 5599

6715 Hillsborough St. Raleigh, NC 27606
Hours: 10:00 am – 10:00 pm Open 7 Days a Week
Phone: (919) 859-5403

**Middle Eastern Store:**

Almadina Supermarket 1019 Method Road Raleigh, NC (919) 755-6220 Hours: MON - FRI & SUN: 9 A.M. - 10 P.M.
SAT: 9 A.M. - 11 P.M

**Chapel Hill | Whole Foods Market** (Gourmet and health food stores – very expensive)

Village Plaza, 81 S Elliot Rd, Chapel Hill, NC 27514
Phone: (919) 968-1983

621 Broad St Durham, NC 27705
(919) 286-2290

Open 7 Days a week 7 am – 9pm.
**Weaver Street Market - Home**

**Locations:**

101 East Weaver Street, Carrboro, North Carolina 27510  
Phone: 919-929-0010  
Open 7 days a week -7am - 10pm.

716 Market Street, Chapel Hill, North Carolina 27516  
919-929-2009  
Open 7 days a week  
7am - 10pm

**Carrboro Farmers' Market** (Produce, baked goods, etc.)  
Saturdays year round 7am-12noon;  
Wednesdays from April 8th - October 21st 3:30-6:30pm  
Located off 301 W Main St., Carrboro, NC 27510  
Phone: (919) 967-2752

**Other farmer's market locations:**  
Saturday mornings from May through August  
University Mall  
Chapel Hill  
533-9496

Thursdays from May 7th-August 27th 3:30pm-6:30pm  
Southern Village  
Chapel Hill  
280-3326

**Some nearby drug stores & pharmacies**

**CVS (Revco) Drug Stores**  
Rams Plaza  
Chapel Hill  
942-0169

15-501 North  
Chapel Hill  
929-5664

Carr Mill Village  
Carrboro  
929-2181

**Rite Aid Pharmacy**  
Eastgate Mall  
Chapel Hill  
929-1178

Willow Creek Shopping Center  
Carrboro  
942-0933

Timberlyne Shopping Center  
Chapel Hill  
929-0174

Glen Lennox  
Chapel Hill  
968-3777

**Sutton's Drug Store**  
159 E. Franklin St.  
Chapel Hill  
942-5161
Campus Health Services also runs a pharmacy where medications are somewhat less expensive than at regular pharmacies. Campus Health is located in the James Taylor building, near UNC Hospitals. The phone number for the Campus Health Services pharmacy is 966-6554.

Healthcare

Campus Health Services

Campus Health Services (CHS) offers quality medical care to the UNC student community at a very low cost. CHS offers wellness and preventative care, care for injury, acute or chronic medical conditions, consultation, and medical testing. To promote quality care we are assigning every student their own Primary Care Provider. If at all possible, you will see the same provider every time you come to the clinic. You may request to change your Primary Care Provider at any time, as you become better acquainted with our staff. We also refer patients to the UNC Hospitals if more intensive care is needed.

Students may receive health care from CHS as a part of their student fees. Please review the information on Charges & Payment in the Fees section for a more comprehensive listing of services covered under the student fees.

International students are required to have health insurance in order to get their visas. Visit Hill, Chesson and Woody for more information: [http://www.hillchesson.com](http://www.hillchesson.com).

CHS also offers a variety of specialty services such as:

- Acute Care/Extended Services
- Allergy Injections
- Asthma Care
- Bloodborne Pathogen Exposure/Needlestick Care
- Dermatology
- Diabetes Care
- HIV Testing
- Immunizations
- International Travel Clinic
- Laboratory
- Men’s Health
- Nutrition Services
- Pharmacy
- Radiology
- Sexual Assault Response
- Sports Medicine (including Orthopedics and Physical Therapy)
- Women’s Health

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4 Text for this section is extracted directly from the web site: http://campushealth.unc.edu/index.php?option=com_content&task=blogcategory&id=0&Itemid=51.
Some of these specialty services will require a referral from physician seen in Clinics I, I, or III as well as additional charge. Please review the information pertinent to these services.

We have a full-service Pharmacy that handles prescriptions written by CHS physicians as well as most over-the-counter medications. Pharmacists are available for counseling about any medications dispensed at CHS. Most insurance cards are accepted.

CHS has a laboratory and a radiology department available to assist CHS physicians in further diagnosing and treating medical conditions. There are additional charges for these services.

Child Care Services

Child Care Services Association (CCSA) provides information about accredited child care resources and agencies for Durham, Orange, and Wake counties. Information about child care scholarships and financial assistance is available on their website.

1829 E. Franklin St., Bldg. 1000 Chapel Hill 967-3272
1201 South Briggs Ave., Suite 200 Durham 403-6950

Schools and Education Systems in US:

Structure of U.S. Education

Education in the United States follows a pattern similar to that in many systems. Early childhood education is followed by primary school (called elementary school in the United States), middle school, secondary school (called high school in the United States), and then postsecondary (tertiary) education. Postsecondary education includes non-degree programs that lead to certificates and diplomas plus six degree levels: associate, bachelor, first professional, master, advanced intermediate, and research doctorate. The U.S. system does not offer a second or higher doctorate, but does offer post doctorate research programs. Adult and continuing education, plus special education, cut across all educational levels. (For more information follow the U.S Department of Education link above)

Organization of U.S. Education

The United States has a decentralized education system based upon the federal Constitution, which reserves power over education to the states and local authorities, as well as to individual schools and higher education institutions. (For more information follow the U.S Department of Education link above)
For information on the local public schools follow the following links:

1. Orange County Schools
2. Durham Public Schools
3. Chatham County Schools
4. Wake Country Schools System

African American hair care ~ beauty shops

1. Raffles 104 NC 54, #104Y, Carrboro; 968-9161 (Walk-ins welcome)
2. Delaine's House of Beauty 111 W Graham St., Carrboro 932-5405
3. In-flight 323 W Main St., Durham 688-0057
4. Mary’s Hairstyling 122-B Fidelity St, Carrboro 968-6711
5. Styles of Elegance 112 E. Main St., Carrboro 933-1710
6. Elegant Hair Designs 10364 Rd., Fayetteville (910) 875-1110
7. Studio 10 2431 Spring Forest Rd., Raleigh (Walk-ins only) 8781-0036

African American hair care ~ barber shops

1. Cut Above 111 N Merritt Mill Rd., Chapel Hill. 933-2883
2. Midway Barber Shop 707 E. Rosemary St., Carrboro. 942-6338
3. Plaza Barber Shop 3125 Fayetteville St., Durham 688-3839
4. Precision Styles Barber Shop 1201 University Drive, Durham 489-5631

PLACES OF WORSHIP  (when to read – as needed)

Churches

African American identifying

This is not exhaustive, for more comprehensive list also check The Black Church Network

1. Abiding Savior Lutheran Church 1625 S. Alston Ave, Durham, 682-7497
2. Ebenezer Baptist Church 2200 S Alston Ave., Durham, 596-2131
3. First Baptist Church 106 N. Roberson St. (just off Franklin St.), Chapel Hill, 942-2509
4. First Baptist Church 302 Moore St., Fayetteville, (910) 483-6505
5. First Calvary Baptist Church of Durham 1311 Morehead Avenue, Durham, 489-4184
6. Holy Cross Catholic Church 2438 S. Alston Ave., Durham, 957-2900

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7. Immanuel Temple SDA Church 1309 Lincoln St Durham, NC 27701 (919) 957-0032
8. Southside Church of Christ 800 Elmira Ave., Durham, 688-3535
9. St. Joseph's CME Church 510 W Rosemary St, Chapel Hill., 929-1116
10. St. Paul's AME Church corner of Franklin St. and 103 Merritt Mill Rd., Carrboro 967-3961
11. St. Titus' Episcopal Church 400 Moline St., Durham, 682-5504
12. White Rock Baptist Church 3400 Fayetteville St., Durham, 688-8136
13. White Rock Holy Church 932 White Rock Road, Chapel Hill, 933-0593
14. World Overcomers Christian Church 2933 S. Miami Blvd., Lincoln Park West, Suites 101-106, Durham, 497-WOCC

**Spanish Speaking**

1. **Durham Spanish SDA Church** 1606 Liberty St. Durham (919) 682-1292
2. Hispanic Ministries 2016 Mt Carmel Church Rd. Chapel Hill (919) 928-8062
3. Raleigh Spanish SDA Church 6317 Sunset Lake Rd, Fuquay Varina, NC 27526 (919) 557-3647
4. **United Church of Chapel Hill** 1321 MLK Blvd., Chapel Hill, 942-3540

**Korean Speaking.**

1. Agape Korean United Methodist Churches 1427 Walnut St, Cary, NC 27511 (919) 469-1514
2. Duraleigh Korean Presbyterian 5408 Duraleigh Rd, Raleigh, NC 27612 (919) 787-4673
3. Korean First Baptist Church 8905 Ray Rd, Raleigh, NC 27613 (919) 870-9070
4. Korean Seventh-day Adventist Company 4124 Farrington Rd, Durham NC
5. **Korean Presbyterian Church** 116 Tom Wilkinson Rd, Durham, NC 27712 (919) 471-1168
6. Raleigh Korean Assoc. 1000 Ryan Rd, Cary, NC 27511 (919) 465-1713
7. Raleigh Korean Baptist Church 9130 Baileywick Rd, Raleigh, NC 27615 (919) 845-4858
8. Triangle Onnuri Korean ARP Church. 100 Pleasant Dr Durham (919) 334-8910

**Other:**

1. **Chapel Hill Bible Church** (Non-Denominational) 260 Erwin Rd. Chapel Hill (919) 408-0310
2. **Chapel of the Cross** 304 E Franklin St. Chapel Hill (919) 942-2955
3. **Durham Five Oaks Seventh-day Adventist Church** 4124 Farrington Rd Durham, NC 27707. (919) 489-7777
4. **Grace Church of Chapel Hill** (Non-Denominational) 200 Sage Rd, Chapel Hill (919) 968-4120
5. **HillSong Church** 201 Culbreth Rd, Chapel Hill (919) 967-3056
6. **Immaculate Conception Catholic Church** 810 W Chapel Hill St. Durham (919) 682-3449
7. **New Life SDA Fellowship** 5936 Farrington Rd. Chapel Hill, NC 27517. (919) 323-1963
8. **The Gathering Church | Chapel Hill/Durham, NC** — 5321 Ephesus Church Rd Durham, NC 27707
9. **United Church of Chapel Hill** 1321 Martin Luther King Jr Blvd. Chapel Hill (919) 942-3540
10. **University Presbyterian Church** 209 E Franklin St. Chapel Hill (919) 929-2102
11. **University United Methodist** 150 E Franklin St. Chapel Hill (919) 929-7191

**Synagogues**

1. **Jewish Heritage Foundation of North Carolina.** Contact: Serena Elliott - Interim Program Coordinator, Email: serena.elliott@duke.edu Tel: 919-660-3504
   Office: Room 253, Trent Hall, Duke University
2. **Durham-Chapel Hill Jewish Federation.** Durham-Chapel Hill Jewish Federation 1937 W. Cornwallis Road Durham, NC 27705. (919) 354-495

**Triangle Area-Durham/Chapel Hill**

1. **Beth El Synagogue** Durham/Chapel Hill (Conservative). 1004 Watts Street, Durham, NC 27701 (919) 682-1238
2. **Chabad of UNC and Duke Durham/Chapel Hill.** (Orthodox). 127 Mallette St. Chapel Hill NC 27516
3. **Durham Orthodox Kehillah Durham/Chapel Hill** (Orthodox)
4. **Congregation Etz Chayim, Durham/Chapel Hill** (Unaffiliated). P.O. Box 9284. Chapel Hill, NC 27515. (919) 493-0756
5. **Judea Reform Congregation** Durham/Chapel Hill (Reform). 1933 W Cornwallis Rd Durham, NC 27705. (919) 489-7062
6. **Chapel Hill Kehillah Synagogue**, Durham/Chapel Hill (Reconstruction). 1200 Mason Farm Rd Chapel Hill, NC 27514. (919) 942-8914
7. **Kol Haskalah Durham/Chapel Hill**, (Humanistic)
8. **Triangle Religious Shule**, Durham/Chapel Hill (Unaffiliated)

**Raleigh Area Synagogues**

1. **Beth Meyer Synagogue.** Raleigh/Cary (Conservative) 504 Newton Road Raleigh, NC 27615 Phone: 919.848.1420
2. **Beth Shalom.** Raleigh/Cary (Reform) 5713 Yates Mill Pond Rd Raleigh, NC 27606 (919) 858-7777
3. **Chabad Of Cary**, Raleigh/Cary (Orthodox) 909 Reedy Creek Rd Cary, NC 27513 (919) 651-9710
4. **Sha’arei Israel Synagogue**, Raleigh/Cary (Orthodox/Chabad), 7400 Falls of Neuse Rd, Raleigh, NC 27615
5. **Temple Beth Or**, Raleigh/Cary (Reform), 5315 Creedmoor Rd. Raleigh (919) 781-4895
6. **Yavneh**, Raleigh/Cary (Jewish Renewal), 4030 Wake Forest Road, Suite 300 Raleigh, NC 27609

**Mosques**

1. **Chapel Hill Islamic Society**, 103 Stateside Drive, Chapel Hill, NC 27514. Email: chismailnc@gmail.com
2. **Jamaat Ibad Ar-Rahman** 3034 Fayetteville St. Durham (919) 683-5593
3. **Masjid Ar-Razzaq** 1009 W Chapel Hill St. Durham (919) 493-1230
4. **Apex Mosque** 733 Center St. Apex (919) 362-0403
5. **Islamic Center of Morrisville** 126 Morrisville Square Way Morrisville (919) 461-1636
6. **Muhammad Mosque No. 34** 304 S Driver St. Durham (919) 294-4446
7. **Islamic Center of Raleigh** 808 Atwater Street Raleigh, NC 27607 Email: iar1@bellsouth.net (919) 834-9572
8. **As Salaam Islamic Center** 110 Lord Aston Drive Raleigh, NC 27610 (919) 231-1547
9. **Islamic Association of Cary** 1076 West Chatham Street Cary, North Carolina 27511 (919) 460-6496

**Hindu Temple**

1. **Hindu Society of NC** (Temple) 309 Aviation Parkway, Morrisville. (919) 466-0414
2. **Sri Venkateswara Temple of North Carolina**. 121 Balaji Pl. Cary (919) 468-0040

**Baha’I**

1. **Baha’I Faith** 307 Westbrook Dr., Carrboro 929-3331

**Buddhist Temples**

1. Kadampa Center (Buddist) 5412 Etta Burke Ct., Raleigh 859-3433
2. **Chapel Hill Won-Buddhism Meditation Temple**. 8021 Old NC 86 Chapel Hill, NC 27516-5142 (919) 933-6946
3. Kosala Mahayana Kadampa Buddhist Center. 711 W Rosemary St. Carrboro, NC 27510 (919) 537-954
TRANSPORTATION

There are many travel options for getting to campus, to destinations within Chapel Hill and Carrboro, and other areas in the Triangle region. To have the best travel experience, be sure to plan ahead and know the laws and rules of the road. Remember, roadway safety is a shared responsibility!

Walking

Walking is an easy way to get to many destinations in Chapel Hill, and to access transit stops for longer trips. However, pedestrians must be very diligent and alert at all times. Some important general safety considerations include:

- **Be visible to drivers, especially at night:** Many roads on campus and in Chapel Hill are not well lit, and it may be difficult for drivers to see students walking at night. Be prepared by wearing bright/light colored clothing or reflective materials (these can be added to your jacket or backpack), or put a small flashlight on your keychain to use at night. When crossing streets at night, try to walk in the most well-lit areas.

- **Stay alert and avoid risky behaviors:** Always walk on the sidewalk; if there is no sidewalk, walk facing traffic. Stay sober; walking while impaired increases your chance of being struck. Don't assume vehicles will stop: make eye contact with drivers, don't just look at the vehicle, and look for a hand signal or other sign that they will yield to you. If a driver is on a cell phone, they may not be paying enough attention to drive safely. Don't rely solely on pedestrian signals; look before you cross the road.

- **Be careful at crossings:** Cross streets at marked crosswalks or intersections, if possible. Obey traffic signals such as WALK/DON'T WALK signs. Look left, right, and left again before crossing a street. Watch for turning vehicles; make sure the driver sees you and will stop for you. Look across ALL lanes you must cross and visually clear each lane before proceeding. Just because one motorist stops, do not presume drivers in other lanes can see you and will stop for you (this is especially important when exiting and walking in front of buses that stop near the School of Public Health on Pittsboro Street). Don't wear headphones or talk on a cell phone while crossing busy streets.

While most everyone feels that they are experienced pedestrians and are used to walking to get to their destinations, there may be many cultural differences in both driving and walking behaviors in America of which international students should be particularly aware. For example:

- In some places, especially in Latin American countries, it may be common to wait on the double yellow line in the middle of the street until it is safe to cross the second half of the road. This is not customary in the U.S., and waiting in the middle of the road (without a raised median) can be very dangerous. Instead,
pedestrians should try to cross at a signalized intersection, a place with a raised median, or they should wait until there is a long enough gap in traffic that they can cross the entire street safely at one time.

- In countries such as Vietnam, it is common to step out into the street without making eye contact with drivers, with the expectation that drivers will yield to or drive around pedestrians to avoid a collision. In America, even though pedestrians have the legal "right-of-way" in marked and unmarked crosswalks, many drivers do not know and/or do not adhere to the law and yield to pedestrians. Also, the vehicles in the U.S. are typically larger and heavier than in other countries, and thus require greater time and distance to stop for pedestrians. So, it is essential to look in the direction of oncoming traffic and be sure that all lanes of traffic are stopping for you before crossing the street.

- In countries where people drive on the left side of the road, such as the U.K., Ireland, and former British colonies, most pedestrians are used to looking first to the right to check for oncoming traffic. It is essential that pedestrians in the U.S. learn to look first to the left, then check right, then check left again, since oncoming traffic will be coming first from the left.

**Bicycling**

Bicycling is a good way to stay in shape and get you to your destination quickly, often faster than taking the bus or driving depending on the route and the parking situation. Here are some important safety tips.\(^5\)

1. **Always ride with traffic and follow the rules of the road.** Forget what you might have heard in the past, you are better off riding with the flow of traffic, not against it. You are much more predictable and visible to motorists, especially at intersections and driveways. Ride in a straight line, not in and out of cars, and use hand signals when turning and stopping. Obey traffic signs, signals, and lane markings and yield to traffic when appropriate, including pedestrians.

2. **In most cases, don't ride on the sidewalk.** Although you might think it's a safer option, motorists are simply not looking for bicyclists on the sidewalk, especially those riding against traffic. So at every driveway and intersection, you are at much greater risk of being hit by a motorist than if you were riding on the road with traffic. And on campus, the sidewalk can be filled with pedestrians and people waiting for and getting on and off buses, so riding on the sidewalk can be hazardous to you and others. Use your best judgment on where the safest place is to ride, taking into account the driveways, pedestrians, and traffic situation.

3. **Ride on the trail, paved shoulder, bike lane, or bike route.** But, you still need to follow the rules of the road and watch out for your fellow travelers. Ride to the right, signal your turns, and obey traffic signs and signals.

4. **Be predictable and visible.** Try not to be hesitant or do things that motorists and other travelers may not be expecting. Make sure everyone can see you and knows where you are and where you are going. If riding in the dark, use

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\(^5\) Text for bicycle safety tips is extracted directly from the web site; \(^5\), drawn from [http://www.bicyclinginfo.org/bikemore/safely.cfm](http://www.bicyclinginfo.org/bikemore/safely.cfm).
headlights (IT IS THE STATE LAW THAT BICYCLISTS HAVE A HEADLIGHT AND TAIL REFLECTOR, AT A MINIMUM, WHEN RIDING AT NIGHT), taillights and reflectors, and wear reflective materials and brightly colored clothing. Do not wear headphones or talk on a cell phone while bicycling.

5. **Watch for stuff on the road or trail that might make you fall or swerve.** Rocks, trash, storm grates, wet leaves, potholes, gravel, railroad tracks, and even wet pavement markings can all send you flying. Also watch for parked cars, doors opening, and cars pulling in and out of driveways.

6. **Watch for turning traffic.** Perhaps rather surprisingly, the crash data tells us that getting hit from behind is extremely unlikely. Most car/bike collisions happen at intersections and driveways when motorists or bicyclists are turning. So, at every intersection and driveway, keep a careful eye out for:
   - Motorists turning right in front of you - you may be going faster than they think.
   - Motorists turning left across your path - drivers are looking for gaps in traffic and may not be paying attention to anything other than other motor vehicles.

In other countries, it may not be customary to wear a helmet while riding a bike. In North Carolina, children under the age of 16 are required by law to wear a helmet, and it is recommended that all people wear a helmet since a good-fitting helmet is your best means of protection from head and brain injury. For more information on bike helmet research and tips on fitting your helmet, visit: [http://www.bicyclinginfo.org/bikemore/helmet.cfm](http://www.bicyclinginfo.org/bikemore/helmet.cfm).

For more information on bicycle commuting resources around campus, see Appendix A.

**Transit Services**

Chapel Hill Transit offers FREE bus transportation throughout the UNC campus, Chapel Hill, and Carrboro. Bus stops are identified by a small blue street sign, and route information is provided near the driver at the front of each bus, or it can be found online: [http://www.ci.chapel-hill.nc.us/index.aspx?page=1175](http://www.ci.chapel-hill.nc.us/index.aspx?page=1175). Some busier bus stops provide real-time information on when the next bus is coming, and this information can also be tracked online using the RealTime Bus Locator.

Additionally, students can access regular and express buses from a number of Park-and-Ride lots; for more information, visit: [http://www.ci.chapel-hill.nc.us/index.aspx?page=746](http://www.ci.chapel-hill.nc.us/index.aspx?page=746). Most of the park-and-ride lots have a daily or annual charge if you park there. For more information regarding transportation and parking options around Chapel Hill, visit the Department of Public Safety on UNC’s campus.

For regional bus service, Triangle Transit ([http://www.triangletransit.org/](http://www.triangletransit.org/)) serves Chapel Hill, Durham, Raleigh, Cary, Research Triangle Park, and the Raleigh-Durham International Airport. For more information on routes, schedules, prices, and policies, visit their web site. Their “Transit Trip Planner” is especially helpful in determining the
best way to get from one place to another, and will provide bus stop times and walking
distances to destinations or transfer locations.

Buying a Used Car

There are several advantages to buying a used car. Here are a couple of the
advantages according to 10 Steps to Buying a Used Car by Edmunds.com

- You’ll save money on insurance.
- Bigger bargains are possible for the smart used-car shopper.
- Used cars are more reliable today than ever before.
- Some used cars are still covered by the factory warranty.
- Most new carmakers now sell certified used cars, which include warranties.
- The history of a used car can be traced easily with its vehicle identification
  number (VIN) and a vehicle history report.
- If you buy from a private party, the negotiation process is less stressful.

For the detailed steps in buying a used car, click on the link above.

In Summary

- Decide how much you want to spend on a used car.
- On average, be ready to spend between $6,500 and $10,000 for a used car that
  is four to six years old. If you prefer a newer car, you might have to spend more
  or make an installment plan. However, if you are new in the country without any
  credit history, it might be expensive to finance a car, so paying cash is advisable.
- Decide what kind of car you want. There is great advice on 10 Steps to Finding
  the Right Car for You
- Search listings for used cars, including craigslist.
- The rule of thumb in searching online listings is not to buy a car from a buyer far
  enough away that you cannot inspect the car. Limit your searches to localities
  where you will be able to verify the claims the seller makes. Remember DO NOT
  send money online.
- Inspect the car and ask questions such as whether the car has had any
  collisions, water damage etc. Find out as much as possible about the car’s prior
  history and examine its maintenance record. Watch out for odometer fraud,
  which is illegal – check the current reading against service records. For more
  details on the legal obligations of buying or selling a used car, check out the
  UNC Student Legal Services.
- Take a test drive. Consider taking the car to a mechanic you trust for a pre-
  purchase inspection prior to signing any sale document. This may cost around
  $100 but could save you a lot more money if it turns out the car has major
  mechanical problems.
- You can also check the value of the car in the Kelly Blue Book site. The site
  allows you to enter the information of the car you intend to buy and get a fair
  market value of the car.
- You can also check the car history yourself from Car Fax.
Driving

Driving on campus is generally discouraged, as parking is limited and in most cases a permit is required. To obtain a parking permit, you must visit the Department of Public Safety building. (http://www.dps.unc.edu/Parking/student/parkingoncampus/parkingoncampus.cfm) Metered parking spaces or parking garages with hourly or daily fees are available in some areas around campus for persons without a parking permit.

A driver’s license is required for the operation of a motor vehicle in North Carolina. The Division of Motor Vehicles (http://www.ncdot.org/dmv/) provides information on how to get a license and registration for your car.

The North Carolina Driver's License Examiners office (where you take your driving test and get your license or ID card) is located in Carrboro Plaza, Carrboro, N.C. 27510, and their phone is (919) 929-4161. The Vehicle and License Plate Renewal Office (where you pick up your license plates and submit driver registration information) is located in 101 S. Miami Blvd, Durham and their phone is (919) 560-6896.

NOTE:
- You can make an appointment for testing before you visit the office or walk in.
- Study the driver’s handbook before taking the test –available at http://www.ncdot.org/dmv
- To obtain a license, you MUST
  a. Either own a car, or a car is registered that lists you as a driver (for example, a relative or friend who owns a car can add you as a driver), or have access to a car (what is referred to as a fleet car, e.g., company/organizational owned car)
  b. Have liability car insurance in North Carolina
- To prepare for the driver’s exam, here is a very useful North Carolina DMV Driver’s License Test Study Guide
- If you don’t have a car and do not need a driver’s license you can still get a N.C. state ID that can be used where a state or federal ID is required instead of using your passport domestically. Check the Division of Motor Vehicles for details.
- Also remember that the car must be inspected and registration renewed each year.

CAR INSURANCE:
As noted above, you must have at least liability insurance for your car before you can legally drive. The typical cost of insurance for a six month period for a used car and someone who is new to North Carolina can range from $600 to $1,000.

Here are some car insurers that operate in North Carolina.
- Geico: http://www.geico.com/
- State Farm: http://www.statefarm.com/

You may also chose to go to this site, enter your zip code and compare insurance providers’ rates. http://www.dmv.org/nc-north-carolina/car-insurance.php

**Driver safety tips**

1. **Wear your seatbelt.** All drivers and all occupants 16 years old and older, in the rear seat as well as the front seat, are required to wear seat belts. All children less than 16 years old must be buckled up in either the front or back seat, and a child who is younger than age 8 and who weighs less than 80 pounds must be properly secured in a child passenger restraint device (CRD) that meets Federal standards and is appropriate for the child’s weight and height (for more information, visit: http://www.buckleupnc.org/laws.cfm). The State has launched a campaign called "Click it or Ticket" during which there are periodic road checks to see if passengers are buckled in their seatbelts, and those who are not buckled are ticketed.

2. **Watch for bicyclists at all times.** Bicycles are vehicles and bicyclists may take the entire lane. Scan for bicyclists in traffic and give them the appropriate right-of-way. Children and novice riders can be unpredictable; expect the unexpected. Watch for bicyclists before opening car doors. Don't drive distracted or after consuming alcohol or other drugs.

3. **Pass bicyclists with care.** Treat bicyclists as you would a slow-moving car-don't tailgate, and do wait until traffic conditions allow you to safely pass the bicyclist. Reduce speed when passing bicyclists and allow at least 3 ft of passing space. Check over your shoulder after passing a bicyclist before moving back. Don't blast your horn in close proximity to bicyclists.

4. **Drive the speed limit and avoid aggressive maneuvers.** Obey speed limits and come to a complete stop at stop signs. Allow extra time for bicyclists to traverse intersections. Recognize hazards that bicyclists may face and give them space to maneuver. Never pass or overtake a vehicle that is stopped for pedestrians. Use extra caution when driving near children playing along the street or older pedestrians who may not see or hear you. Always be prepared to stop for pedestrians.

5. **Watch for pedestrians at all times.** Scan the road and the sides of the road ahead for potential pedestrians. Before making a turn, look in all directions for pedestrians crossing. Don't drive distracted or after consuming alcohol or other drugs. Do not use your cell phone while driving. Look carefully behind your vehicle for approaching pedestrians before backing-up, especially small children. For maximum visibility, keep your windshield clean and headlights on.

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6. **Yield to pedestrians at crossings.** Yield to pedestrians in crosswalks, whether marked or unmarked (this is STATE LAW). Yield to pedestrians when making right or left turns at intersections. Do not block or park in crosswalks.

The web site [http://oisss.unc.edu/resources/transportation.html](http://oisss.unc.edu/resources/transportation.html) can provide more information on driving and getting a license or ID. The Highway Safety Research Center also provides extensive information on transportation safety for all modes of traffic: [http://www.hsrc.unc.edu/safety_info/index.cfm](http://www.hsrc.unc.edu/safety_info/index.cfm).

### Drinking and Driving

You may not lawfully drive a motor vehicle on any public highway, street, or area while you are under the influence of alcohol or while your blood alcohol concentration is .08 or more. Upon conviction of this misdemeanor, you can be fined between $100 and $2,000; you can be imprisoned from 24 hours to 24 months; and you can lose your license for one or more years or permanently. The Court holds a hearing to determine the level of your sentence by balancing the mitigating and aggravating factors of your particular case. A separate offense also makes it a crime to drive a motor vehicle while consuming any kind of alcohol or while there is any alcohol in your body and while there is alcohol in the passenger area of the vehicle in anything other than the manufacturer's unopened container. For example, if you, as driver, have even a smidgen of alcohol in your body and a passenger has an opened beer or you have, in the passenger area of your vehicle, a bottle of alcohol with the seal broken, you can be found guilty of this offense. Upon conviction, you can lose your license for up to one year. If you are less than twenty-one (21) years old and drive with any alcohol in your body, you can be convicted of a misdemeanor and lose your license for up to one year.

Drinking and driving is a significant concern in the US, but less well-recognized is the issue of drinking and walking or biking. Alcohol plays a role in about half of all pedestrian fatalities each year, either due to the driver or the pedestrian. Students need to understand that while walking or bicycling home after drinking may seem safer than driving, they are still at risk of being injured or killed in a traffic collision.

Therefore, if you are entering a situation where you may drink and need to travel, be sure to designate a person who will be with you at all times who is not drinking, and who can safely drive or escort you home. Another safe and affordable option is to take the bus or call a cab. UNC offers the free Point-to-Point bus, which provides evening and late-night service on a fixed route. [http://www.dps.unc.edu/Transit/campustransit/p2p/p2p.cfm](http://www.dps.unc.edu/Transit/campustransit/p2p/p2p.cfm). Chapel Hill Transit also offers three free “Safe Ride” routes (G, J, and T) which run from 11:00pm until 2:30am. Tar Heel Taxi (919-933-1255, www.tarheeltaxi.com) offers 24 hour service and usually costs less than $15. Before going out at night, it is a good idea to take a bus schedule or taxi service phone number with you – even if you don’t plan on drinking, it is good to be prepared.

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7 The first paragraph of this section is extracted directly from the web site: [http://www.unc.edu/student/orgs/sls/](http://www.unc.edu/student/orgs/sls/).
NOTE: Transportation of an open container of alcohol: In North Carolina, as in many other states, the law bans transportation of alcohol in a container that is accessible to the driver, in what is described as the “passenger area.” The details can be confusing but, to be on the safe side, avoid transporting open container of alcohol of any kind inside the passenger area. For more information look at Transportation of Open Container of Alcohol and Think You Know North Carolina’s Open Container Law?

Air Travel

The Raleigh-Durham International Airport (RDU) is the nearest airport to Chapel Hill, about 30 minutes east of Chapel Hill. To get there from Chapel Hill by car, take I-40 East to Raleigh and exit 284B or 285. Transit service from Chapel Hill to the airport is extremely difficult, so driving or taking a cab or shuttle service is recommended. For more information on the airport, visit: http://www.rdu.com/index.htm.

LEGAL SERVICES

Carolina Student Legal Services offer advice for the following legal issues, including immigration law and taxes. More information can be found on their web site at:

- Advance Health Care Directives (i.e., Living Will)
- AIDS*
- Alcohol
- Auto Accidents*
- Auto Repair
- Bankruptcy*
- Buying a New Car
- Buying a Used Car
- Buying a Home*
- Buying on Credit*
- Child Custody / Child Support*
- Credit Reports
- Divorce and Separation*
- Drug Testing
- Employment
- Expunctions
- Fake ID's
- Family Violence*
- Immigration Law†
- Identity Theft
- Jury Duty*
- Landlord / Tenant*

8 Text for this section is extracted directly from: http://www.unc.edu/student/orgs/sls/.
MONEY MATTERS

Opening a Bank Account

You can open a bank account in the United States even if you are not a citizen. For most banks, you will need two forms of government-issued identification, including a valid passport and one of the following documents:

- Student identification with photo
- Valid driver's license
- International tax identification number
- Credit card with photo
- Social Security card

To open an account, go to a local branch and fill out the necessary paperwork. Since September 11, 2001, non U.S. citizens are no longer allowed to open a bank account online. Most banks require a minimum initial deposit to open the account. This minimum amount will vary by bank. Once you are approved, it may take 5-7 business days to process the account. You can have your account documents mailed to a temporary residence in the U.S., or you can personally pick them up at the branch.

Transferring Money into the U.S.

One way to receive money from your home country is through wire transfer. Usually there is a fee for this transaction. To fill out the wire transfer form, you will typically need
the following information: bank name, your name, your account number, your bank routing number, and your bank international ID.

**Foreign Money Exchange**

Most major banks and many travel agencies feature a currency exchange desk. You can also perform an online currency exchange. [Order Currency](#) is one resource available. The service, which also accepts U.S. phone orders at 877-663-8309, will ship foreign currency via FedEx to a home address for next-day delivery.

While most major airports feature a currency exchange desk, you are likely to get a better rate directly from an ATM machine affiliated with a major bank. ATM cards most likely to work trouble-free overseas are those with a four-digit PIN number. Since you may be charged a usage fee by both the local bank and your home institution, it's advisable to make one large instead of several small withdrawals whenever possible — and keep your cash in a safe place out of pickpockets' range.

**Credit Card Access to Money**

Local banks are electronically linked internationally with the PLUS, NYCE, CASHIER, CIRRUS and/or other systems. If you have a card that is linked to one of these systems, you can get U.S. currency just by using your credit card or debit bank card. Remember to alert your credit card company to the fact that you will be traveling abroad. Credit card companies may view unexplained charges abroad as suspicious and deny the charge. This is especially important if you wish to use your credit card to make tuition and fee payments.

Use a credit card rather than cash to pay for larger expenses since you will have a receipt of the transaction. If a bill is disputed, your credit card company may be able to help you settle the matter. As long as you have a working PIN number, you can also use your credit or debit card to get cash overseas.

**Local Banks and Credit Unions**

- **Bank of America**
  - 851 Willow Dr.
  - Chapel Hill, NC

- **Suntrust Bank**
  - 1414 Raleigh Rd.
  - Chapel Hill, NC

- **Bank of America**
  - 137 E. Franklin St.
  - Chapel Hill, NC

- **Suntrust Bank**
  - 121 W. Franklin St.
  - Chapel Hill, NC

- **Bank of America**
  - 104 East Main St.
  - Carrboro, NC 27510

- **State Employees’ Credit Union**
  - 310 Pittsboro St.
  - Chapel Hill, NC 27516
State Employees’ Credit Union
100 Hwy. 54 W.
Carrboro, NC 27510

RBC Bank
841 Willow Dr.
Chapel Hill, NC

RBC Bank
101 E. Rosemary St.
Chapel Hill, NC

First Citizens Bank
1650 E. Franklin St.
Chapel Hill, NC

NOTE: In transferring money to a foreign destination, using a credit union account is cheaper than a regular bank. It is possible to have two accounts, one in the credit union and one in a regular bank. A regular bank has its own advantages, for example, wide access to ATMs if travelling around the country and abroad. Be careful to read the contract before signing, especially regarding fees and penalties.

RECREATION AND FITNESS

On-Campus Facilities

The Rams Head Recreation Center is a state-of-the-art facility featuring:

- 3 basketball courts (one with inset soccer goals and dasherboards for roller and floor hockey)
- Indoor track
- Indoor climbing wall
- Locker rooms
- Multipurpose room
- Cardiovascular and weight training equipment
- Student Recreation Center
- Group fitness classes

The Rec Center is located at the corner of South Road and Stadium Drive.

Fetzer Gym includes the following facility features:

- 2 multipurpose gyms (Gym A and B) which are used for basketball, volleyball, badminton and team handball Gymnastics gym (Gym C)
- Indoor climbing wall (Gym C)
- Fencing/multipurpose room
- Wrestling/combatives room
- 6 squash courts (American)
- 14 racquetball courts (four of which can be converted for wallyball)

9 Text from this section is extracted directly from the web site: http://campusrec.unc.edu/.
• Sports medicine
• Student and faculty/staff locker rooms
• Basketroom (locker and towel service and sport equipment check-out)

For more information about on-campus fitness facilities, visit:
http://www.campusrec.unc.edu/.

Intramural sports and sports clubs are also good ways to stay healthy and make friends. For more information, visit: http://campusrec.unc.edu/intramurals/ or http://campusrec.unc.edu/sport_clubs/.

Off-Campus Facilities

While campus facilities may be the most affordable option for students, there are several other local fitness centers. Use the following contact list to get more information about facilities and pricing.

YMCA
980 Martin Luther King Jr Blvd
Chapel Hill, NC 27514-2607
(919) 442-9622  www.chcymca.org

Carolina Fitness
503 W. Main Street
Carrboro, NC
(919)-960-9910  http://www.carolinafitness.org/

Ladies’ Fitness & Wellness Center
1728 Fordham Blvd, #127 (Rams Plaza)
Chapel Hill, NC 27514
(919) 929-7474  http://www.lfw-chapelhill.com/

Curves for Women
630 Weaver Dairy Road, Suite 105
Chapel Hill, NC, 27514, US
(919) 932-3202  http://www.chapelhillcurves.com/

Chapel Hill Aquatics/Swimming

Balanced Movement Studio
304 W. Weaver St, Suite 103A
Carrboro, NC 27510
(919) 942-0240  www.balanced-movement.com
Social Norms in the US

The web site http://www.edupass.org/culture/ contains important information about social normal and expectations in the US. Topics covered include:

- Stereotypes
- Personal Space
- Forms of Address
- Demeanor
- Toilets
- Tipping
- Social Visits
- Business Visits
- Business Clothing
- Telephone Etiquette
- Dining
- Gift Giving
- Smoking
- Gestures
- Noises
- Numbers
- Calendar Dates
- Time and Temperature
- American Holidays
- Weights and Measures
- Electronic Equipment
- Religion
- International Visitors Council

Spouses and Children

The following web site provides good information for spouses of international students: http://www.unc.edu/depts/wcweb/elac/spouses.html.

International students with children need to understand that small children cannot be left alone, even for a short amount of time. Many UNC faculty will allow students to bring small children to class with them occasionally, provided the children aren't disruptive. Check with your instructor in advance. To learn more about childcare services, talk with your student services manager, who can connect you with other students with children, or visit http://ssw.unc.edu/admissions/prospective/childcare
In the Classroom

Customs

It is important for international students to understand the American education system and the roles that are expected of professors and students. International students who learn what professors expect of them are better prepared to take advantage of educational opportunities available at UNC, and to be successful.

Though informality might be misinterpreted as a sign of disrespect, most American students do not intend to communicate rudeness by their casual behavior. American students show their respect in different ways. For example, students show respect by having good attendance and by participated actively in classes. When students ask questions, they show the instructor they are interested in the class. International students should participate actively in discussions; since you may well have different perspectives from U.S. students, other students will benefit from your questions as well. In addition, completing all assignment on time communicates responsibility and interest. Most American professors will interpret these behaviors as signs of respect and will respect their students in return.

If you have a question about class material, it is okay to ask the professor in class or wait to speak to the professor after class. (If you don’t understand the professor’s response, it’s better to speak to him or her after class.) As a graduate student, questions and critical thinking are encouraged instead of simple regurgitation of material. At UNC Gillings School of Global Public Health, it is common to refer to professors by their first names since professors are also viewed as colleagues.

Policies

Plagiarism in academia is a serious issue. The following are some student resources on plagiarism from the UNC Information Technology webpage:

**UNC-Chapel Hill Writing Center**  
[www.unc.edu/depts/wcweb](http://www.unc.edu/depts/wcweb)

The UNC-Chapel Hill Writing Center offers online and on-campus help for students at any point in the writing process. They also offer handouts and links to other writing resources.

**Writing Center Plagiarism Handout**  
[http://www.unc.edu/depts/wcweb/handouts/plagiarism.html](http://www.unc.edu/depts/wcweb/handouts/plagiarism.html)

This handout, provided by the UNC-Chapel Hill Writing Center, covers a variety of topics including paraphrasing, determining if something is common knowledge, and other methods of avoiding plagiarism.
**UNC-Chapel Hill University Libraries**  

UNC-Chapel Hill University Libraries offers a tutorial on avoiding plagiarism and the correct way to cite works using both MLA and APA formats. Students can take a quiz at the end of the tutorial to assess their understanding of the material.

**UNC-Chapel Hill Honor Court**  
[http://honor.unc.edu/students/rights.html](http://honor.unc.edu/students/rights.html)

UNC-Chapel Hill's Honor Court lists the responsibilities and rights of students. The chronology of a case and appellate procedures are also outlined on the student information site.

**NCSU Libraries**  

NC State University Libraries Plagiarism Tutorial is designed to help students navigate the often-confusing rules, regulations, and law regarding plagiarism in academic situations.
Tips for Successful Students

Shifting Interpersonal Tasks

The developmental task of shifting your self-image and self-presentation from student to junior colleague is as important as the intellectual knowledge and the academic skills that you will gain during graduate school.

As an undergraduate, your essential interpersonal task was to please your teacher. As a graduate student, your task is more complex — you must prepare and judge your work with less outside guidance, while simultaneously pleasing a greater audience. Your goals are to:

- Develop the ability to work independently
- Prepare your work for the general academic community in your area of specialty, rather than for a single judge

A key aspect of succeeding in graduate school is to focus on the process as well as the content of your work. Skills required in doctoral programs are an excellent preparation for the skills needed by a junior professor. Step back from the material you are trying to learn. Think instead about the self-discipline you are trying to develop. Step back from an undergraduate wish to be taken care of and win the approval of your professors. Think instead about relating to your professors as a promising junior colleague. The more you focus on process, the more you will gain from your years as a graduate student, whether or not you eventually chose to remain in academia.

Working with Groups

During graduate school, you will be required from time to time to work on class assignments in groups. This is good experience for future employment and an opportunity to build relationships with fellow students. Following are some useful tips for working successfully in groups and making the most of your team experience:

1. **Make sure group work is appropriate** — before beginning a project, check with the instructor and/or review the assignment to be sure that group work is allowed and understand the boundaries of what level of collaboration is appropriate.

2. **Develop common expectations** — at the beginning of a team project, communicate with other team members to set common expectations. Find out when others are most available to work and to meet, what skills they bring, what their interests are in the work, and what their preferences are for communication (e.g., meet in person or communicate via email).

3. **Be punctual to team meetings** — it can be difficult to find a time when all students can meet, so when a meeting has been set, be sure to be punctual and

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10 Text from this section is extracted directly from Mary McKinny’s web site: http://www.successfulacademic.com/.
to show up with all the necessary materials to work with the team. Be as flexible as possible when determining possible meeting times.

4. **Be accountable for the work you are assigned** – when dividing up the work load, be sure that you will have the time to do all the work that you are assigned, or bring up your concerns or adjust the deadline so that all team members have the same expectation regarding what will be done and when. Whatever work you agree to do for the team, be sure to accomplish it within the deadline or let students know as soon as possible if any unexpected issues arise. Communication is essential.

5. **Be respectful of other’s opinions** – take the time to listen carefully to other group members thoughts and ideas, and ask questions to ensure that you understand what is said. Show support for others’ contributions and try to build your ideas on what is said. If you disagree, try to find a common ground or interest that can be satisfied, or work toward a compromise.

6. **Balance control with contribution** – it can be tempting to want to dominate the discussion or influence the direction of the group in the way you feel is best, or take on more of the work to make sure it is done “right.” However, this can be counterproductive for team development and can lead to other members being less involved and you feeling overburdened or not supported. Try to balance the desire to control the outcome of the project with the recognition that all team members need to contribute equally to the project, and that developing productive team skills is as important as (or more important than) getting the highest grade.

**Managing Stress**

Managing and relieving stress is an important part of succeeding in graduate school, and necessary for your health. Campus Health Services offers a wealth of information on recognizing stress and finding ways to cope ([http://campushealth.unc.edu/index.php?option=com_content&task=view&id=670&Itemid=167](http://campushealth.unc.edu/index.php?option=com_content&task=view&id=670&Itemid=167)).

**Connecting with Other Students**

Forming a student study group is an excellent way to build friendships while getting and sharing help on coursework. The earlier that you seek out a study group, the better. Some tips for forming study groups include:

- **Seek diversity** – each student will have a different perspective and mastery of the coursework, depending on their background. Look for students who come from different backgrounds and who can complement your skill set and knowledge base.
- **Be flexible** – the more flexible your schedule, the easier it will be to find a common time to meet with other students. If you have a heavy course or work load, it may be more difficult finding time to meet during the day. In this case, try to find students with similar schedules or those who are willing to meet in the evenings or on weekends.
• **Be persistent** – even if you cannot attend every study session, ask your study group members to keep you on the list and let them know that you hope to participate in the future.

Students don’t simply come to UNC to study coursework; making friends and engaging in social activities are part of the broader education you receive. A favorite social pastime of American graduate students is “Happy Hour,” usually a couple of hours (5pm – 7pm) on a weekday evening where students get together for food and/or drinks. Many restaurants in Chapel Hill have Happy Hour specials where meals and drinks are offered at a discounted price on certain days of the week. Check with your department student groups for happy hour events.

For more ideas on how to connect with other students, visit the “Social Resources” section and the “Beyond Campus” section.

**Finding Mentors and Advisors**

Having a relationship with a mentor or advisor can help you to “learn the ropes” of graduate school, get assistance with coursework, and to better decide on and prepare for future classes and work. All students will have an assigned advisor in their area of interest, and students are encouraged to meet with them periodically to evaluate their progress and discuss concerns. In addition, students may build relationships with other faculty, staff, and employers and gain valuable insights and guidance. It is generally expected that the student is responsible for taking steps to reach out to mentors and advisors and schedule meeting times.

In addition to meetings with advisors, students can get useful input from other students, especially those one or two years ahead in the program. Students should try to build relationships with others in their concentration area, through journal clubs or other meetings, and get other students’ perspectives on courses, instructors and workloads.

**Academic Resources**

There are a number of resources available to international students on campus. A synthesis of information is provided below.

**The Writing Center**
http://www.unc.edu/depts/wcweb/

The Writing Center has great programs and can offer invaluable support to you while here on campus. If you are a new student who speaks English as a second language, it is highly recommended you consider registering for the Writing Center’s fall mini-courses(2013). These courses are free, non-credit courses designed to give incoming ESL graduate students the level of language support necessary for written and oral scholarly communication.
Academic Writing for Graduate Students: This 8-week course will provide an overview of academic writing at the graduate level, then focus on critical tasks in graduate writing: summarizing and critiquing scholarly sources, writing a literature review, and using sources appropriately to avoid plagiarism. Emphasis will be placed on disciplinary vocabulary development and advanced grammar.

Classroom Communication for Graduate Students: This 8-week course will enhance graduate students’ oral communication skills, providing strategies to help them participate more effectively and confidently in their courses and in other academic interactions.

Research Presentation Skills: This 5-week course will help non-native English speaking scholars prepare a presentation of their research for a conference, a class, or other presentation occasion. The course will focus on the language of effective presentations, with tips for engaging the audience, for keeping their attention, for managing questions and discussion periods, and general pronunciation feedback.

Priority registration is reserved for new incoming graduate students. Continuing students are encouraged to register and will be enrolled in the courses as space is available. Course dates and registration information can be found here: http://writingcenter.unc.edu/esl/instruction/esl-mini-courses/

Contact Dr. Gigi Taylor, vgtaylor@unc.edu, with any questions.

Research Ethics
http://registrar.unc.edu/

Taking a class in research ethics is an important addition to your studies. GRAD 721 is a collaborative course offered by The Graduate School and the Philosophy department. This course is cross-disciplinary and will focus on the ethical issues related to academic research, including topics such as plagiarism, data fabrication, human subjects, informed consent, testing on animals, intellectual property, and social responsibility. The aim of the course is to provide the necessary tools for students to think critically about these and other ethical issues that may be encountered during the course of an academic career. The course is offered at the beginning of the autumn term. Registration is through the Office of the University Registrar.

Other resources

The Learning Center
http://learningcenter.unc.edu/

Health Science Library
http://www.hsl.unc.edu/
Students should also become familiar with the Gillings School of Global Public Health Web site (http://www.sph.unc.edu/). The web site provides an overview of the School’s Gillings Global Gateway (including a section for global students), departmental resources and research opportunities, contact information for faculty, student services and business managers, career services and employment links, an alumni directory, among other resources.

**Social Resources**

There are a number of social organizations that International students may be interested in joining. For more information on UNC-affiliated clubs and organizations, visit the following web sites:

- International Friendship Program: [http://oisss.unc.edu/get_involved/friendship.html](http://oisss.unc.edu/get_involved/friendship.html)
- Conversation Partners: [http://oisss.unc.edu/get_involved/conversation.html](http://oisss.unc.edu/get_involved/conversation.html)
- Gillings School of Global Public Health student organizations: [http://www.sph.unc.edu/student_affairs/student_organizations.html](http://www.sph.unc.edu/student_affairs/student_organizations.html)

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**BEYOND CAMPUS (when to read – as needed)**

**History of the Region**

Southerners have a unique shared history, which includes remembrance of difficult times such as the institution of slavery, the Civil War and Reconstruction, the Great Depression, segregation and the Civil Rights Movement, and more recent events or tragedies such as Hurricane Katrina.

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11 Some of the text for this section is extracted directly from the web site: http://en.wikipedia.org/wiki/History_of_North_Carolina.
The South also hosts a vibrant African American culture, a sense of rural isolation, and a strong regional identity. It has also developed its own customs, literature, musical styles (such as country music, bluegrass, southern gospel, rock and roll, blues and jazz), and cuisine.

The Chapel Hill Museum is a good place to learn about the history of Chapel Hill and the South (www.chapelhillmuseum.com). The following web sites offer more information about southern culture, including Southern food, music, and culture:

- http://www.knowsouthernhistory.net/Culture/
- http://docsouth.unc.edu/sohp/ (Documenting the South via Oral Histories)

Many movies have been set in the cultural background of the South:

- *Gone with the Wind* (1939)
- *Song of the South* (1946)
- *All the King's Men* (1949)
- *A Streetcar Named Desire* (1951)
- *The Miracle Worker* (1962)
- *To Kill a Mockingbird* (1962)
- *Deliverance* (1972)
- *The Color Purple* (1985)
- *Driving Miss Daisy* (1989)
- *Forrest Gump* (1994)
- *Big Fish* (2003)

**Restaurants**

**American/Southern Style**

The Southern Region is known for its down-home country cooking and barbeque. The following list provides contact information for local Southern cuisine in the Chapel Hill Area.

**Allen & Son BBQ**
6203 Millhouse Rd
Chapel Hill, NC
(919) 942-7576

**Breadmen’s**
324 W Rosemary St
Chapel Hill, NC 27516
**Crooks Corner**
610 West Franklin Street
Chapel Hill, NC
(919) 929-7643

**Elmo’s Diner**
Carr Mill Mall
200 N Greensboro St
Carrboro, NC 27510
(919) 929-2909

**Mama Dip’s Kitchen**
408 W. Rosemary Street
Chapel Hill, NC 27514
(919) 942-5837

**Q Shack (BBQ)**
302 E. Main St.
Carrboro, NC 27510

**Sunrise Biscuit Kitchen**
1305 E. Franklin St.
Chapel Hill, NC 27514

**Carolina Brewery**
460 W Franklin St
Chapel Hill, NC 27516-2313
(919) 942-1800

**Spanky’s**
101 E Franklin St
Chapel Hill, NC 27514-3620
(919) 967-2678

**Top of the Hill**
100 E Franklin St # 3
Chapel Hill, NC 27514-3629
(919) 929-8676

The following list provides contact information for International cuisine in the Chapel Hill Area. See the web site [http://www.visitchapelhill.org/dining/list/c/restaurants/](http://www.visitchapelhill.org/dining/list/c/restaurants/) for more detailed descriptions and hours of operation.

### Chinese and East Asian

**China Wok**
104 NC Highway 54 West (Carrboro Plaza)
Carrboro, NC 27510
phone (919) 929-9988 or (919) 929-9971

**Fuse**
403 West Rosemary St (Downtown)
Chapel Hill, NC 27516
phone (919) 942-9242

**Gourmet Kingdom Chinese**
301 East Main St (Downtown)
Carrboro, NC 27510
phone (919) 932-7222

**Hong Kong Chinese**
602-R Jones Ferry Rd (Willow Creek)
Carrboro, NC 27510
phone (919) 942-0850

**Hunan Chinese Restaurant**
790 Martin Luther King Jr. Blvd (Midtown Market)
Chapel Hill, NC 27514
phone (919) 967-6133

**Jade Palace Chinese & Seafood**
103 East Main St (Downtown)
Carrboro, NC 27510
phone (919) 942-0006
Jujube Restaurant  
1201 Raleigh Rd (Glen Lennox)  
Chapel Hill, NC 27514  
phone (919) 960-0555  

Lantern Restaurant  
423 West Franklin St (Downtown)  
Chapel Hill, NC 27516  
phone (919) 969-8846  

Lime & Basil Vietnamese  
200 West Franklin St (The Pavilion)  
Chapel Hill, NC 27516  
phone (919) 967-5055  

Merlion Restaurant  
410 Market St, Suite 316 (Southern Village)  
Chapel Hill, NC 27516  
phone (919) 933-1188  

Ming Garden  
1826 Martin Luther King Jr. Blvd  
(Chapel Hill North)  
Chapel Hill, NC 27514  
phone (919) 929-2199  

Oriental Garden Chinese & Thai  
503 West Rosemary St (Downtown)  
Chapel Hill, NC 27516  
phone (919) 967-8818  

Penang Malaysian & Thai  
431 West Franklin St (The Courtyard)  
Chapel Hill, NC 27516  
phone (919) 933-2288  

Red Lotus Asian Kitchen & Bar  
239 South Elliott Rd (Village Plaza)  
Chapel Hill, NC 27514  
phone (919) 968-7778  

Thai Palace  
1206 Raleigh Rd (Glenwood Square)  
Chapel Hill, NC 27514  
phone (919) 967-5805  

Thirty-Five (35) Chinese  
143 West Franklin St (University Square)  
Chapel Hill, NC 27516  
phone (919) 968-3488  

Mexican and Latin American  

Armadillo Grill  
120 East Main St (Downtown)  
Carrboro, NC 27510  
phone (919) 929-4669  

Carrburritos Taqueria  
711 West Rosemary St (Downtown)  
Carrboro, NC 27510  
phone (919) 933-8226  

Cosmic Cantina  
128 East Franklin St (Downtown)  
Chapel Hill, NC 27514  
phone (919) 960-3955  

Chipotle’s Mexican Grill  
301 West Franklin St (Downtown)  
Chapel Hill, NC 27516  
phone (919) 942-2091  

Fiesta Grill  
3307 NC Highway 54 West  
3307 NC Highway 54 West, NC 27516  
phone (919) 928-9002  

Flying Burrito  
746 Martin Luther King Jr. Blvd  
(Midtown Market)  
Chapel Hill, NC 27514  
phone (919) 967-7744
La Hacienda
1813 Durham-Chapel Hill Blvd
Chapel Hill, NC 27514
phone (919) 967-0207

Los Potrillos
220 West Rosemary St (Downtown)
Chapel Hill, NC 27516
phone (919) 932-4301

Torero’s Mexican Cuisine
104 NC Highway 54 W (Carrboro Plaza)
Carrboro, NC 27510
(919) 960-7640

Tres Amigos, Los
109 West Main St (Downtown)
Carrboro, NC 27510
phone (919) 967-1654

Japanese and Sushi

Akai Hana Japanese
206 West Main St (Downtown)
Carrboro, NC 27510
phone (919) 942-6848

Kurama Sushi & Noodle Express
105 North Columbia St (Downtown)
Chapel Hill, NC 27516
phone (919) 968-4747

Oishii Japanese Restaurant & Sushi Bar
1129-M Weaver Dairy Rd (Timberlyne)
Chapel Hill, NC 27514
phone (919) 932-7002

Sakura Express
110 North Columbia St (Downtown)
Chapel Hill, NC 27514
phone (919) 960-0440

Japan Express
261 South Elliott Rd (Village Plaza)
Chapel Hill, NC 27514
phone (919) 928-9600

Sushi-Yoshi Japanese
116 Old Durham Rd
Chapel Hill, NC 27514
phone (919) 933-1773
**African**

- **Queen of Sheba** (Ethiopian)
  1129 Weaver Dairy Rd (Timberlyne)
  Chapel Hill, NC 27514
  (919) 932-4986

- **Palace International** | Durham (Kenyan)
  1104 Broad St.
  Durham, NC 27705
  (919) 416-4922

- **Ashee Ethiopian Cuisine**
  904 NE Maynard Rd.
  Cary, NC 27513
  (919) 463-0435

- **Chioma’s Ridic African Joint & Fried Chicken**
  2000 University Dr
  Durham, NC 27707

- **Abyssinia Ethiopian Restaurant**
  2109-146 Avent Ferry Rd.
  Raleigh, NC 27606
  (919) 664-8151

- **Babylon Restaurant** - (Moroccan)
  309 N Dawson St.
  Raleigh, NC 27603
  (919) 838-8595

**Middle Eastern and Indian**

- **Cafe Parvaneh**
  400-J South Elliott Rd (The Galleria)
  Chapel Hill, NC 27514
  phone (919) 929-2779

- **India Palace**
  508-A West Franklin St (Downtown)
  Chapel Hill, NC 27516
  phone (919) 942-8201

- **Mediterranean Deli**
  410 W Franklin St
  Chapel Hill, NC 27516

- **Mint Restaurant**
  504 West Franklin St (Downtown)
  Chapel Hill, NC 27516
  phone (919) 929-6188

- **Sage Cafe (The)**
  1129 Weaver Dairy Rd (Timberlyne)
  Chapel Hill, NC 27514
  phone (919) 968-9266

- **Tandoor Indian**
  1301 East Franklin St
  Chapel Hill, NC 27514
  phone (919) 967-6622

**Italian**

- **411 West**
  411 W. Franklin St.
  Chapel Hill, NC 27516
  (919) 967-2782
Entertainment

Life is more than just school, and American students like to work hard and play hard. Some favorite American pastimes include watching sports, going bowling, seeing movies, going shopping, and attending live music performances. Following are some links to help you explore the entertainment options in Chapel Hill and the broader Triangle area.

Spectator Sports

UNC has a long tradition of championship-winning sports teams. In addition to the world-famous UNC men’s and women’s basketball teams, the women’s soccer team is one of the highest-ranked teams in the U.S., and the UNC football team is rising in both rank and popularity. Students should take advantage of free or low-fare tickets offered to students, and learn more about campus athletic events: [http://tarheelblue.cstv.com/](http://tarheelblue.cstv.com/)

Beyond UNC, there are many local and national athletic teams to watch or attend games, including:

Durham Bulls Baseball Team (Durham)

Carolina Hurricanes National Hockey League Team (Raleigh)

Carolina Panthers National Football League Team (Charlotte)

Bowling

Two of the nearest bowling alleys include:

The Mardi Gras Bowling Center
6118 Farrington Road
Chapel Hill, NC 27517
(919) 489-1230

Durham Lanes Bowling Center
4508 Durham-Chapel Hill Blvd.
Durham, NC 27707
(919) 489-9154
[http://www.amf.com/durhamlanes/centerHomepage.htm](http://www.amf.com/durhamlanes/centerHomepage.htm)
Movies

There are several movie theaters in Chapel Hill and Carrboro, including the independent movie theater, the Chelsea, in the Timberlyne Shopping Center in Chapel Hill. To find a theater, visit http://movies.yahoo.com/ and enter your zip code to browse by location.

In addition to traditional indoor movie theaters, during the summer months, Southern Village offers “Movies on the Green,” which involves watching recent movies in an outdoor venue. See web site for more details. http://www.southernvillage.com/movies-music.htm

Shopping

Some good places to go shopping include: Franklin Street or University Mall in Chapel Hill, Carr Mill Mall and Main Street in Carrboro, Brightleaf Square in Durham, and Cameron Village in Raleigh. The small towns of Hillsborough and Pittsboro are also fun to visit, and their main streets have a number of antique stores and vintage clothing stores. The nearest large-scale mall in the area is Southpoint Mall in Durham, which is accessible by the TTA buses.

Live Music

Chapel Hill prides itself on its live music scene, and there are a number of venues where live music can be heard. Popular live music clubs in Chapel Hill/Carrboro include The Cat’s Cradle (http://www.catscradle.com/), The Local 506 (http://www.local506.com/), and The Cave (http://www.caverntavern.com/). Many other bars in Chapel Hill also have live music and DJ nights throughout the week and weekend.


Many places offer free outdoor live music from late spring to early fall. These include:

- Caffe Driade (see their music calendar: http://www.caffedriade.com/index.cfm?view=2)
- Carolina Inn Fridays on the Front Porch (http://www.carolinainn.com/hotel-events/chapel-hill-event-calendar.php)
- WUNC Backporch Music Concert Series at the American Tobacco Complex in Durham ([http://wunc.org/events/back-porch-music-concert-series](http://wunc.org/events/back-porch-music-concert-series))
- Pittsboro General Store Café Live Music ([http://www.thegeneralstorecafe.com](http://www.thegeneralstorecafe.com))

For classical music, orchestra, theater, and other performing arts events, visit the UNC School of Music Calendar of events ([http://music.unc.edu/calendars/thecalendar](http://music.unc.edu/calendars/thecalendar)), the Carolina Performing Arts Center ([http://www.carolinaperformingarts.org/](http://www.carolinaperformingarts.org/)), or the Carrboro Arts Center ([http://www.artscenterlive.org](http://www.artscenterlive.org)).

**Cultural Events and Museums**

Following is a listing of several museums worth visiting in the Triangle area, as well as some festivals and major cultural events that take place in North Carolina each year.

**Museums/Zoo**

Chapel Hill Museum (Chapel Hill, NC) – Exhibiting the character and characters of Chapel Hill, NC  

Ackland Art Museum (Chapel Hill, NC) – UNC’s art museum  

Nasher Museum of Art (Durham, NC) – Duke University’s Art museum  
[http://www.nasher.duke.edu/](http://www.nasher.duke.edu/)

African American Cultural Complex (Raleigh, NC) - has artifacts and exhibits displaying the outstanding contributions made by African Americans in NC  
[http://www.aaccmuseum.org/](http://www.aaccmuseum.org/)

North Carolina Museum of Art (Raleigh, NC)  

North Carolina Museum of Life and Science (Durham, NC)  

North Carolina Museum of History (Raleigh, NC)  
[http://ncmuseumofhistory.org/](http://ncmuseumofhistory.org/)

North Carolina Museum of Natural Sciences (Raleigh, NC)  

Asheboro Zoo (Asheboro, NC)  
[www.nczoo.org](http://www.nczoo.org)
Festivals and Fairs

Local festivals and county fairs are common throughout the year, and each brings an opportunity to learn more about local culture and heritage as well as sample new foods and find unique arts and crafts. Some of the larger festivals are listed below, but you can find many more by searching local community web sites or by visiting: http://www.ncfestivals.com/events/default.asp.

Bimbe Cultural Arts Festival
http://www.northcarolinafairsandfestivals.com/398340-bimbe-cultural-arts-festival-durham-north-carolina-may-2013.html#.UgAKtY2eb0i

African American Cultural Festival of Wake and Raleigh County
http://www.aacfralwake.org/

International Festival of Raleigh
http://internationalfestival.org/

Azalea Festival (April, in Wilmington)
http://www.ncazaleafestival.org/

Festival for the Eno (July, in Durham)
http://www.enoriver.org/Festival/

American Dance Festival (July, in Durham)
http://www.americandancefestival.org/

NC State Fair (October, in Raleigh)
http://www.ncstatefair.org/

The Barbeque Festival (October, in Lexington)
http://www.barbecuefestival.com/

NC Seafood Festival (October, in Morehead City)
http://www.ncseafoodfestival.org/history.htm

World Beer Festival (April, in Raleigh; October, in Durham)
http://www.allaboutbeer.com/wbf/home.html
http://www.allaboutbeer.com/wbfraleigh/index.html

LEAF: Lake Eden Arts Festival (May and October in Black Mountain, NC)
http://www.theleaf.com/
Outdoor Recreation

Camping

Camping is another great American pastime, and North Carolina is rich in scenic and outdoor opportunities. From the mountains to the sea, there are a number of beautiful camping locations and state parks with a variety of facilities to accommodate novice campers and day-time picnickers to more experienced backpackers, hikers, and climbers. Many State parks and recreational areas are within an hour’s drive of UNC, including: Falls Lake, Jordan Lake, Umstead Park, and Eno River State Park. To learn more about N.C. State parks, visit: http://www.ncparks.gov.

In addition to State parks, N.C. holds 88 miles of the Appalachian Trail, the nation's longest marked footpath (over 2,100 miles) and first national scenic trail. To learn more about the history of the trail and hiking and camping opportunities, visit http://www.appalachiantrail.org.

Hiking and Biking

Chapel Hill’s Department of Parks and Recreation has a listing of greenways and parks in the town: http://www.ci.chapel-hill.nc.us/index.aspx?page=525/. Another nice place to walk is in the trails near the North Carolina Botanical Garden. The Garden has 600 acres of nature trails, plants and aquatics (http://www.ncbg.unc.edu/).

In Durham, there are also many trails to walk and bike. One famous trail is the American Tobacco Trail, a 22-mile paved trail which leads to the American Tobacco Complex (http://www.triangletrails.org/ATT.HTM). Other nice walking and hiking places in Durham include Duke Forest (http://www.dukeforest.duke.edu/) and the Sarah P. Duke Gardens (http://www.hr.duke.edu/dukegardens/). The Duke Gardens, located on the Duke University Campus, can be accessed by taking the Robertson Scholar Express Bus from UNC.

Beaches and Mountains in N.C.

Vacationing in N.C. is a good way to manage the stress of school and bond with family and friends. For a day trip or weekend, you can drive 2-3 hours to visit a number of beautiful North Carolina coastal towns and beaches, including Wrightsville Beach near Wilmington, Emerald Isle, Topsail Beach, Carolina Beach, Kure Beach, and others. With a longer drive (3-5 hours), you can explore the less-developed and more pristine Outer Banks barrier islands and visit towns such as Duck, Manteo, Kitty Hawk, Hatteras, and Ocracoke Island. To learn more about the Outer Banks, visit: http://www.outerbanks.org.

In the opposite direction (and a 3-4 hour drive), there are beautiful views of the Blue Ridge and Smokey Mountains, and lovely mountain towns such as Asheville, Boone, and Blowing Rock. The Blue Ridge Parkway (http://www.blueridgeparkway.org/) is a
popular drive in the fall when the foliage turns brilliant shades of red, orange, and yellow, and you can find many web sites that will predict the peak color change season and the best time to visit. In the winter, there are a number of ski resorts, including the popular Sugar Mountain. To learn about other skiing opportunities in N.C., visit: http://www.skinorthcarolina.com/.

To learn more about travel and vacation destinations within the state, visit the official travel and tourism web site for the State of North Carolina: http://www.visitnc.com, or check out any North Carolina travel guide from the library.