

Living and Going to School in Chapel Hill

UNC Gillings International
Student Edition

Research, Innovation and Global
Solutions

UNC Gillings School of Global
Public Health

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Welcome to the Gillings School of Global Public Health

Consistently recognized as one of the top public health schools in the nation, the Gillings School of Global Public Health has been home to top public health leaders and students for more than 75 years.

Our mission is to improve public health, promote individual well-being and eliminate health inequities across North Carolina and around the world. Dedicated to our mission, the School is constantly moving forward to anticipate future health threats and accelerate public health solutions. Our commitment to excellence is part of everything we do: teaching, research, scholarship, practice and bridging the gap between academic research and practical public health solutions.

This guide was compiled by Research, Innovation and Global Solutions and is intended to provide resources and helpful information for new international students in the UNC Gillings School of Global Public Health. It will be revised and updated regularly. Input from students and faculty and staff members is always very welcome. Please note that none of the information herein is intended to provide legal, medical, or other professional advice. Please also note that the views and information provided within this guide do not necessarily represent the opinions or convey the endorsement of the University or the Gillings School.

Immigration Status Information and Traveling to the U.S.¹

Immediately after you receive your letter of admission, it is important that you follow the instructions from [International Student and Scholar Services](#) (ISSS) for submitting your financial certificate form along with supporting documentation in order to receive a Form I-20 or Form DS-2019. These “Certificates of Eligibility” allow students to apply for the F-1 or J-1 visa at the U.S. Embassy and enter the U.S. in F-1 or J-1 student immigration status. Instructions for uploading your financial documentation into ConnectCarolina can be found here: <https://iss.unc.edu/files/2017/03/Financial-Certificate-Submission-Process.pdf>.

“All students requesting admission to the U.S. in F-1 or J-1 status are required to have a visa stamp in their passport, except for Canadian citizens who are exempt from this requirement. Applicants for F and J visas will require an appointment at a U.S. embassy or consulate. The visa cannot be issued more than 120 days prior to the program start date as listed on the Form I-20 or DS-2019. Students may not enter the U.S. more than 30 days prior to the program start date listed on the Form I-20/DS-2019.

Check the website for [U.S. Embassies](#) for current procedures, required documents, how to make an appointment, and operating hours. Based on conditions at each U.S.

¹ Text in quotes extracted directly from <http://iss.unc.edu/newstudent/step6/>

consular post, some embassies/consulates may have limited non-immigrant visa services, or could at times be closed.

[Visa wait times](#) for an appointment interview may be several weeks. Security clearances may be necessary for some applicants and those procedures have recently been adding 6-8 weeks to normal processing times. Please plan to apply EARLY!

Please review to ensure the accuracy and completeness of your documents before presenting them to a consular officer. Thorough scrutiny of documentation can be expected.

If denied a visa, make a request to receive the reason for denial in writing from the consular officer. Contact ISSS with this written documentation for assistance.”

Here are some tips from international students when traveling to the U.S.:

- Book your flight only after the visa has been stamped in your passport.
- Check the U.S. Customs and Border Protection information (<https://www.cbp.gov/travel/us-citizens/know-before-you-go/prohibited-and-restricted-items>) regarding items that are prohibited or restricted on flights to the U.S. Make sure to follow all guidelines for bringing food into the country.
- Keep all travel documents, including your passport, Form I-20 or DS-2019, admission letter and proof of financial support, with you during your flight to the United States. Do not pack your travel documents in checked baggage.
- Make provision for airport pickup on the day of arrival.
- Make provision for temporary housing arrangement while looking for permanent housing.
- Anticipate some degree of adjustment in terms of food, skin changes and lifestyle.
- Ask for clarification if confused at any step of your transition.
- DO NOT bring items in carry-on luggage that are not permissible on flights, such as raw, not properly preserved and labeled food items and liquid substances.
- 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 a suitcase or other item.
- DO NOT sign a lease (See **Housing** 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 do not 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.
- Be aware of ingredients in foods that you may be allergic to when trying food items.

Remember: Upon arrival at UNC you **MUST** check in with International Students and Scholars Services. Students should sign up for a check-in session. The sign up and instructions are located on the [ISSS website](#). **ISSS is located in the FedEx Global Education Center, Room 2004, which is located at the corner of Pittsboro and McCauley Streets.**

Arriving in the U.S.

The Office of International Students and Scholars Services offers a variety of information for [your arrival to North Carolina](#) via Raleigh-Durham International Airport (RDU). RDU is the nearest airport to Chapel Hill, about 30 minutes east of Chapel Hill.

If you have not made prior housing arrangements for when you arrive in North Carolina, it is wise to make a reservation in a hotel or motel. You can [find affordable hotel and motel options](#) under lodging on the ISSS arrival planning webpage. You will also find transportation options from the airport to Chapel Hill.

Housing

There are accommodations available for graduate students who wish to live either on campus or off-campus. Many university students in the U.S. live on or near campus. The vast majority of UNC graduate and professional students live off-campus in Chapel Hill, Carrboro or Durham. Contacting current students to find their favorite apartment complexes, neighborhoods or roommates can be helpful.

On-campus housing options

Graduate and professional students can select apartment-style housing in [Mason Farm Graduate Housing](#). Student families are eligible to apply for housing at [Baity Hill Graduate & Family Housing](#).

Apply early! To learn more about housing and availability, directly contact

- Mason Farm at (919) 843-8831 or masonfarm@unc.edu
- Baity Hill at (919) 843-8831 or Baity.Hill@gmail.com

Read these [helpful tips](#) on pursuing on-campus house.

Off-campus housing options and considerations

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 many social activities occur on campus. The educational experience is not confined to the classroom, and you will find yourself learning as much from your fellow students as from members of the faculty.

Many local apartment complexes are on the free [meaning no fare needs to be paid] bus lines (Chapel Hill Transit) in Chapel Hill and Carrboro. If possible, it is recommended that you choose a place to live that is near a free bus line. The buses also make less frequent stops at park-and-ride lots, but there is a fee for using this service. (See Transportation).

Please see UNC's new web tool to help find [Off-Campus Housing](#).

Things to consider when choosing a place to live off-campus.

- **Parking:** There is no free [parking on-campus](#) from 7:30 a.m. to 5:00 p.m. during the week. However, there are [pay lots in Chapel Hill](#) 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).
- **Utilities:** If the rent does not include utilities, you will have to request that utilities be 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. If you do not have a good credit history, they may require you to pay a security deposit. The security deposit should be refunded after one year (often, with interest) if your bills are paid promptly throughout the lease period. *The gas and electric companies typically provide two payment options. The first requires you to pay for all the services you use in every given 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. You still have to pay for all the electricity you use, but it won't be as big a strain on your budget if you don't have to pay significantly more during the months you use more of the service.*
- **Renter's 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 disasters, 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 unintentionally 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 Department of Insurance](#).
- **Leases/Budget/Utilities:** [Carolina Student Legal Services](#) is available to answer questions or concerns about renting an apartment/house.
- Other [things to consider when thinking about living off-campus](#)

If you decide on off-campus housing here is helpful information on utilities and basic household needs.

Utilities:

Utility	Service Area	Source	Deposit
Cable	Chapel Hill/ Carrboro	Time Warner Cable 1201 Raleigh Rd., Chapel Hill (919) 213-6363	Varies Some apartments bundle cable with rent – ask your landlord
		AT&T Internet & TV Chapel Hill, NC (855) 293-7676	Varies Some apartments bundle cable with rent – ask your landlord
Electric	Durham	Duke Power Co. 2000 Avondale Dr. #R (800) 777-9898	Call for information
	Chapel Hill/Carrboro	Duke Energy 2700 Homestead Rd., Chapel Hill 27516 1-800-777-9898	Call for information
	Chapel Hill/Carrboro	Piedmont Electric Post Office Drawer 1179 Hillsborough 27278-1179	Varies. Those with bad credit score or no credit history can prepay for a year
Water and Sewer	Durham	Durham Water and Sewer Customer Service 101 City Hall Plaza 27701 (919) 560-4412	\$ 50 Check with your landlord if service is bundled with rent
	Chapel Hill/ Carrboro	Orange Water and Sewer Authority (OWASA) 400 Jones Ferry Rd. Carrboro 27510 (919) 968-4421	Service initiation fee
Gas	Chapel Hill	PSNC Energy (877) 776-2427	Varies w/house size

Internet:

Check with your cable provider for internet options, as you might save money by combining your cable and internet services.

Telephone:

Most students have cell phones and do not have landlines (home phone). However, if you would like a landline in your off-campus housing there are various companies in the area that provide the option: AT&T, Verizon, Vonage, Comcast Cable and Time Warner

Cable. You can contact them directly to get pricing and see if you can combine your cable, internet and telephone services for a lower price.

For popular cell phone companies in the area:

- AT&T
 - 201 S Estes Dr #200e, Chapel Hill, NC 27604
- Sprint
 - 5324 New Hope Commons Blvd Ext #5, Durham, NC 27707
- Verizon
 - 201 S Estes Dr, Chapel Hill, NC 27514
- T-Mobile
 - 6400 Fayetteville Rd, Durham, NC 27713

When looking at cell phone plans, be sure to ask about their discount calling plans and learn about possible data charges when using phone apps to connect with people internationally (e.g., [WhatsApp](#), [Viber](#) and [Skype](#)). Remember to mention that you will be making international calls.

Used furniture store locations:

- **PTA Thrift Shop** (Clothing, housewares, books, furniture)
 - 103 S Elliott Rd, Chapel Hill, NC 27514
 - 125 W Main St, Carrboro, NC 27510
- **Trosa Furniture and Frame Shop**
 - 3500 N Roxboro St, Durham, NC 27704
- **Baby Bear** (Children's clothing, books, baby supplies, maternity clothes)
 - 3409 University Dr, Durham, NC 27707
- **Goodwill Store**
 - 1115 Weaver Dairy Road, Chapel Hill - (919) 240-7451
 - 4318 Garrett Road - (919) 493-1182
 - 5267 North Roxboro Road - (919) 479-1141
- **Habitat for Humanity ReStore (Durham)**
 - 5501 Durham-Chapel Hill Blvd, Durham - [\(919\) 403-8668](tel:9194038668)
- Furniture <http://raleigh.craigslist.org/fua/>
- Raleigh [News and Observer](#) classified ads

NOTE: When buying used furniture and bedding, make sure you inspect the items carefully to avoid bringing home bedbugs, cockroaches or other pests. Wash used bedding in hot water, if possible, and avoid used mattresses.

Food

Below are available food stores in the towns around the University.

Carrboro

Store Name	Location	Phone Number
Food Lion	Carrboro Plaza - 104 NC Hwy 54, Unit A, Carrboro, NC 27510	(919) 932-1589
Food Lion	Willow Creek Shopping Center - 602 Jones Ferry Rd a, Carrboro, NC 27510	(919) 942-0916
Harris Teeter	Carr Mill Mall - 310 N Greensboro St, Carrboro, NC 27510	(919) 942-8564
Weaver Street Market	101 E Weaver St, Carrboro, NC 27510	(919) 929-0010
Carrboro Farmers Market <u>Saturdays Year-Round:</u> 9am-12pm November - March 7am-12 April - October <u>Wednesdays & Seasonally:</u> 3-6pm April - November	301 W Main St, Carrboro, NC, 27510	(919) 280-3326

Chapel Hill

Store Name	Location	Phone Number
Food Lion	Timberlyne Shopping Center - 1129 Weaver Dairy Rd, Chapel Hill, NC 27514	(919) 929-0458
Food Lion	Rams Plaza - 1720 Fordham Blvd, Chapel Hill, NC 27514	(919) 967-2613
Harris Teeter	Chapel Hill North - 1800 Martin Luther King Jr Blvd Chapel Hill, NC 27514	(919) 968-0110

Harris Teeter	Meadowmont Village - 116 W Barbee Chapel Rd, Chapel Hill, NC 27517	(919) 932-5020
Harris Teeter	University Mall - 2110 S Estes Dr, Chapel Hill, NC, 27514	(919) 933-5700
Wal-Mart Superstore	12500 US Hwy 15 501 N, Chapel Hill, NC 27517	(919) 357-9039
Target	Carolina Square - 123 W Franklin St, Chapel Hill, NC 27516	(919) 914-6267
Fresh Market	1200 Raleigh Rd, Chapel Hill, NC 27517	(919) 932-7501
Trader Joe's	1800 E Franklin St, Chapel Hill, NC 27514	(919) 918-7871
Whole Foods Market	81 S Elliott Rd, Chapel Hill, NC 27514	(919) 968-1983
Farmers Market Saturdays 8am-12pm Tuesdays 3pm-6pm	University Mall - 201 S Estes Dr, Chapel Hill, NC 27514	(919) 533-9496
Farmers Market Thursday from May 4th until September 21st. 3:30-6:30 PM	Southern Village - Aberdeen Dr, Chapel Hill, NC 27516	(919) 280-3326
Carolina Campus Community Garden	236 Wilson St Chapel Hill, NC 27516	http://uncgarden.web.unc.edu/aboutthegarden/

Durham

Store Name	Location	Phone Number
Kroger	3420 Southwest Durham Dr Durham, NC 27707	(919) 403-6945
Kroger	202 W NC Highway 54 Durham, NC 27713	(919) 361-9893
Kroger	3825 S Roxboro St Ste 101 Durham, NC 27713	(919) 361-0470
Wal-Mart Superstores	5450 New Hope Commons Dr, Durham, NC 27707	(919) 489-4412
Target	8210 Renaissance Pkwy, Durham, NC 27713	(919) 425-0002
Target	4037 Durham-Chapel Hill Blvd, Durham, NC 27707	(919) 765-0008
Durham Farmers Market	501 Foster St, Durham, NC 27701	(919) 667-3099
<u>Summer Hours:</u> Saturdays 8am - Noon (through November 18) Wednesdays 3-6 pm (through October 11)		

Ethnic and Specialty Stores

Store Name	Location	Phone Number
Mediterranean Deli Bakery and Catering	410 W Franklin St, Chapel Hill, NC 27516	919-967-2666
Li Ming's Global Mart (Asian, Latino and Indian)	3400 Westgate Dr, Durham, NC 27707	(919) 401-5212
Classic Silver Wok Gourmet 7 (Asian)	7 Mariakakis Plz., Chapel Hill, NC 27514	(919) 933-2423
Spice Bazaar (Southern Asian)	4125 Durham-Chapel Hill Blvd, Durham, NC 27707	(919) 490-3747
Around The World Market (Indian)	1708 NC-54, Durham, NC 27713	(919) 572-5599
Al Madina Supermarket (Middle Eastern)	1019 Method Rd, Raleigh, NC 27606	(919) 755-6220

Carolina Cupboard: [Carolina Cupboard](#) is an on-campus food pantry that provides food at no cost to students who are facing food insecurity. Please visit them in the basement of Avery Residence Hall (295 Ridge Road, Chapel Hill, NC 27514) Monday through Friday from 1:00 pm to 4:00 pm, if you are worried about going hungry.

The Carolina Cupboard may be contacted with questions or concerns about receiving or donating food at: CarolinaCupboard@gmail.com.

Transportation

There are many travel options for getting to campus, to destinations within Chapel Hill and Carrboro, and to other areas in the Triangle region. For the best travel experience, plan ahead and know the laws and rules of the road.

Biking and Walking: For information on biking and walking around UNC and Chapel Hill, please visit UNC's webpage on [Biking](#) and [Walking](#). The page includes resources, maps and safety tips.

In other countries, it may not be customary to wear a helmet while riding a bike. In North Carolina, children under the age of 15 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: <https://www.chla.org/blog/rn-remedies/bicycle-helmets-getting-the-right-fit>.

- **Bike Shops:**

- Bicycle Chain – 210 W Franklin St, Chapel Hill (919) – 929-0213
- Back Alley Bikes – 100 Boyd St, Carrboro – (919) 967-7777
- Performance Bicycle – 1800 E. Franklin St, Chapel Hill – (919) 933-1491
- The Clean Machine – 104 W Main St, Carrboro – (919) 967-5104
- Bullseye Bicycle – 102 Morris St, Durham – (919) 438-3883
- Durham Cycles – 756 9th St, Durham – (919) 251-8103

Transit Services:

- **P2P Express**² is a fare-free, fixed-route bus service for UNC students and employees that runs between UNC residence halls and Franklin Street. P2P Express serves designated bus stops on campus every 15 minutes. Buses do not run during breaks, on University-recognized holidays, or when residence halls are closed.
- **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](#). Some busier bus stops provide real-time information on when the next bus is coming, and this information also can be tracked online using the [NextBus Bus Locator](#).
- **Park and Ride:** Additionally, students can access regular and express buses from a number of [Park-and-Ride](#) lots. Most of the park-and-ride lots have a daily or annual charge if you park there. For more information regarding transportation

² Text on P2P Express taken directly from <http://move.unc.edu/p2p/fixe-route/>

and parking options around Chapel Hill, visit the Department of Public Safety on UNC's campus.

- **Triangle Transit:** For regional bus service, [Triangle Transit](#) 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 website. 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.
- **Uber:** [Uber](#) is another transportation option that is like a taxi, except you pay via your credit card that you provide when signing-up for an Uber account. You sign-up for Uber, set your pick-up location, request a ride and pay via your phone. Uber can provide you with an estimate how much your fare will be prior to committing to taking their service to your destination. Want to learn more about Uber before signing-up? [Uber 101: An Intro to Uber](#).
- **Taxi:** Taxis are another transport option for traveling about town and to/from the airport. You can search online for various taxi services in the Research Triangle Park area which includes Chapel Hill, Carrboro, Durham and Raleigh.

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. Metered parking spaces or parking garages with hourly or daily fees are available in some areas around campus for people 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](#) (DMV) provides information on how to get a license and registration for your car. Office locations and phone numbers can be found at: <https://www.ncdot.gov/dmv/contact/>. The [ISSS webpage](#) on transportation can provide more information on driving and getting a license or ID card.

- You can find the steps to obtaining a driver's license here: <https://www.ncdot.gov/dmv/driver/license/>
- Study the driver's handbook before taking the test. The book is available here: https://www.ncdot.gov/download/dmv/handbooks_ncdl_english.pdf
- To prepare for the driver's exam, here is a very useful North Carolina DMV Driver's License Test Study Guide, <http://stevefrey.com/2010/07/30/north-carolina-dmv-drivers-license-test-study-guide/>
- ***If you do not have a car and do not need a driver's license, you can still get a N.C. state ID that can be used in lieu of your passport while you're in the U.S. Check the Division of Motor Vehicles for details.***
- Your car must be inspected and your registration renewed each year.
- You must have liability insurance for your car before you can legally drive. Here are some car insurance companies that operate in North Carolina:
 - Allstate: www.allstate.com/auto-insurance.aspx
 - Geico: www.geico.com/
 - Erie: <https://www.erieinsurance.com/>
 - State Farm: www.statefarm.com/

- You also may choose to go to this site, enter your zip code and compare insurance providers' rates: <http://www.dmv.org/nc-north-carolina/>

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.

Healthcare

All students enrolled at UNC-Chapel Hill are required to have health insurance coverage. The University of North Carolina offers a policy that meets these minimum requirements. Read the details about the [student health insurance plan](#) and [international student insurance](#) requirements. You can also read about [commonly used insurance terms](#) to better understand fees and services.

Campus Health Services: [Campus Health Services](#) (CHS) is where students receive comprehensive health care and mental health services. Every student at UNC pays a health fee each term in tuition and fees. This fee entitles students and post-doctoral fellows to services at Campus Health Services. The Health Fee covers most provider visits. You can review the information on the CHS website for a more comprehensive description of [what is covered under the Campus Health Fee](#). Appointments are available by phone and online.

Counseling and Psychological Services: [Counseling and Psychological Services](#) (CAPS) is where students receive mental health care. CAPS is a part of Campus Health Services and is also funded by the student health fee. First time visits are provided without an appointment and without an out-of-pocket charge. Walk in anytime Monday – Friday between 9:00 am – 12:00 pm and 1:00 pm – 4:00 pm.

Health Promotion: [Student Wellness](#) provides health promotion at UNC with a goal of enhancing the individual and collective health of the community through programs, services, and resources. Through partnerships with other campus departments, community agencies, student organizations, and peer mentors, Student Wellness works to develop and advocate for a campus and community environment that creates, emphasizes, and supports healthy choices and positive decision making regarding health, safety, and wellness. Learn more at studentwellness.unc.edu.

Pharmacies and Drug Stores: UNC has two full-service pharmacies that provide prescription medications and over-the-counter health items. Pharmacists are available for counseling about any medications dispensed and can fill prescriptions from any provider. Most insurance plans are accepted. You may also find medicines at other local pharmacy and drug stores.

- Campus Health Services Pharmacy
 - Campus Health Services basement – (919-966-6554)
- Student Stores Pharmacy (run by Campus Health Services)

- 3rd floor of UNC Student Stores – (919-966-8166)
- CVS Drug Stores
 - Rams Plaza –1724 Fordham Blvd, Chapel Hill, NC 27514 – (919) 942-0169
 - 15-501 North – 11314 US Hwy 15 501 N, Chapel Hill, NC 27514 – (919) 929-5664
 - Carr Mill Mall – 200 N Greensboro St, Carrboro, NC 27510 – (919) 929-2181
- Rite Aid Pharmacy
 - East Gate Shopping Center – 1800 East Franklin Street, Chapel Hill, NC 27514 – (919) 929-1178
 - Willow Creek Shopping Center – 602-G Jones Ferry Road, Carrboro, NC 27510 – (919) 942-0933
 - Timberlyne Shopping Center – 1129 Weaver Dairy Rd #400, Chapel Hill, NC 27514 – (919) 929-0174
 - Glen Lennox – 1218 Raleigh Rd, Chapel Hill, NC 27517 – (919) 968-3777
- Walgreens Pharmacy
 - 108 E Franklin St., Chapel Hill, NC 27514 – (919) 918-3801
 - 1500 E Franklin St., Chapel Hill, NC 27514 – (919) 918-4392
- Wal-Mart Pharmacy
 - 12500 Us 15 501 N, Chapel Hill, NC 27517 – (919) 357-9039
 - 5450 New Hope Commons Dr., Durham, NC 27707– (919) 489-4412

Finance Resources

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. 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. Be careful to read the contract before signing, especially regarding fees, penalties and policies regarding transferring money to an international destination. Here are some local banks and credit union:

- Bank of America:
 - 851 Willow Dr., Chapel Hill, NC, 27514
 - 104 East Main St., Carrboro, NC, 27510
- SunTrust Bank:

- 1414 Raleigh Rd., Chapel Hill, NC, 27517
- 126 W. Franklin St., Chapel Hill, NC, 27516
- Wells Fargo Bank:
 - 129 S. Estes Dr., Chapel Hill, NC, 27599
 - 165 E. Franklin St., Chapel Hill, NC, 27514
- PNC Bank:
 - 841 Willow Dr., Chapel Hill, NC, 27514
 - 101 E. Rosemary St., Chapel Hill, NC, 27510
- First Citizens Bank:
 - 1650 E. Franklin St., Chapel Hill, NC, 27514
- BB&T:
 - 143 E. Rosemary St., Chapel Hill, NC, 27514
 - 100 N. Elliott Rd., Chapel Hill, NC, 27514
- State Employees' Credit Union
 - 310 Pittsboro St., Chapel Hill, NC, 27516
 - 100 Hwy 54 West, Carrboro, NC, 27510

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 traveling around the country and abroad. Be careful to read the contract before signing, especially regarding fees and penalties.

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.

Foreign money exchange: Most major banks and many travel agencies feature a currency exchange desk. 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 internationally are those with a four-digit PIN number. You may be charged a usage fee by both the local bank and your home institution when withdrawing from an ATM that is not your bank (check with your bank to know how much a usage fee will be).

Legal Services³

[“Carolina Student Legal Services, Inc.](#) is staffed by three (3) licensed attorneys and one (1) legal assistant. We are available to provide students with assistance in understanding the factors that should be considered when one seeks legal advice, to determine if a lawyer’s services are or are not necessary, and to provide appropriate representation and/or referral.”

Please visit [Carolina Student Legal Services, Inc. website](#) to learn more about the legal issues they can provide assistance with.

“Please remember when sending emails to Student Legal Services (and others) that any information you disclose in your emails is not confidential.”

Safety

The [UNC Department of Public Safety](#) is the police presence at UNC. Their website provides information about their policies and services, as well as [Safe Tips](#) and how to report a crime.

Coming to the U.S. with your family

Child Care Services⁴

- [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, NC 27514 – (919) 967-3272
 - 1201 South Briggs Ave., Suite 200, Durham, NC 27703 – (919) 403-6950
- Child Care Financial Assistance Program was developed and funded through the Chancellor’s Child Care Advisory Committee. It is designed to provide financial assistance to UNC-Chapel Hill employees and students for quality child care. UNC-Chapel Hill contracts with [Child Care Services Association \(CCSA\)](#) to administer the program, with the Benefits Services serving as the University’s liaison to CCSA. Because funding for the program is limited, eligibility cannot guarantee assistance. For additional information on the scholarship program, review their webpage on [Paying for Childcare](#).
- University Child Care Center: The University of North Carolina at Chapel Hill and UNC Health Care opened the [University Child Care Center](#) and is a nationally accredited, five-star licensed non-profit center. Children enrolled at the University Child Care Center are children of students, faculty and staff of UNC-Chapel Hill and UNC Health Care. The population is a diverse group that reflects the race,

³ Information taken directly from <http://studentlegalservices.web.unc.edu/>

⁴ Some of the text from this section is extracted directly from: <https://hr.unc.edu/benefits/work-life/child-care/>

ethnic and cultural diversity of the Chapel Hill community. The center currently has a lengthy waitlist, but you can ask how likely your child is to be enrolled and can decide if you should continue to look for other childcare options.

Schools: For families with school-aged children, information on local public schools are available:

- [Orange County Schools](#)
- [Chapel Hill-Carrboro City Schools](#)
- [Durham Public Schools](#)
- [Chatham County Schools](#)
- [Wake County Schools](#)

[UNC Spouses and Partners Group](#): For spouse and partners of international students, this group “is here to help members make friends, meet people from around the world, pursue interesting activities, explore Chapel Hill, and develop a sense of belonging to UNC.”⁵

Places of Worship

If your faith is not represented below and you would like it to be, please feel free to provide us with additional information to add to this section.

Churches

- **Black/African-American-identifying:** This is not exhaustive; for a more comprehensive list, also check [The Black Church Network](#)
 - Abiding Savior Lutheran Church – 1625 S. Alston Ave, Durham, NC 27707, (919) 682-7497
 - Ebenezer Baptist Church – 2200 S Alston Ave., Durham, NC 27707, (919) 596-2131
 - First Baptist Church – 106 N. Roberson St. (just off Franklin St.), Chapel Hill, NC 27516, (919) 942-2509
 - First Calvary Baptist Church of Durham – 1311 Morehead Avenue, Durham, NC 27707, (919) 489-6576
 - Holy Cross Catholic Church – 2438 S. Alston Ave., Durham, NC 27713, (919) 957-2900
 - Immanuel Temple Seventh Day Adventist Church – 2102 S Alston Ave, Durham, NC 27707, (919) 957-0032
 - Southside Church of Christ – 800 Elmira Ave., Durham, NC 27707, (919) 688-3535

⁵ Text taken directly from <http://iss.unc.edu/programs/spousesandpartners/>

- St. Joseph's Christian Methodist Episcopal Church – 510 W Rosemary St, Chapel Hill, NC 27516, (919) 929-1116
- St. Paul's AME Church (American Gothic Revival style African Methodist Episcopal) – 101 S Merritt Mill Rd, Chapel Hill, NC 27516, (919) 967-3961
- St. Titus' Episcopal Church – 400 Moline St., Durham, NC, 27707, (919) 682-5504
- White Rock Baptist Church – 3400 Fayetteville St., Durham, NC, 27707, (919) 688-8136
- White Rock United Holy Church – 932 White Rock Church Rd, Chapel Hill, NC 27517 (919) 933-0593
- World Overcomers Christian Church – 2933 S Miami Blvd, Durham, NC 27703, (919) 402-9622
- **Spanish-speaking churches:**
 - [Durham Spanish Seventh-day Adventist Church](#) – 1606 Liberty St., Durham, NC, 27703, (919) 682-1292
 - Hispanic Ministries – 2016 Mt Carmel Church Rd, Chapel Hill, NC 27517, (919) 928-8062
 - Raleigh Spanish Seventh-day Adventist Church – 6317 Sunset Lake Rd, Fuquay Varina, NC 27526, (919) 557-3647
 - [United Church of Chapel Hill](#) – 1321 Martin Luther King Jr Blvd, Chapel Hill, NC 27514, (919) 942-3540
- **Korean-speaking:**
 - Agape Korean United Methodist Churches – 209 Forest Hills Dr, Garner, NC 27529, (919) 413-6759
 - Duraleigh Korean Presbyterian – 5408 Duraleigh Rd, Raleigh, NC 27612 (919) 787-4673
 - Korean First Baptist Church – 8905 Ray Rd, Raleigh, NC 27613, (919) 870-9070
 - [Korean Seventh-day Adventist Company](#) – 1230 Avondale Dr, Durham, NC 27701, (919) 414-5894
 - [Korean Presbyterian Church](#) – 116 Tom Wilkinson Rd, Durham, NC 27712, (919) 471-1168
 - Raleigh Korean Baptist Church – 9130 Baileywick Rd, Raleigh, NC 27615, (919) 845-4858
 - Triangle Onnuri Korean ARP Church – 100 Pleasant Dr, Durham, NC 27703, (919) 334-8910
- **Other Churches:**
 - [The Summit Church](#) (multiple locations in the triangle, Spanish and Mandarin services available) – 2335 Presidential Dr, Suite 114, Durham, NC, 27703, (919) 383-7100

- [Chapel Hill Bible Church](#) (non-denominational) – 260 Erwin Rd., Chapel Hill, NC 27514 (919) 408-0310
- [Chapel of the Cross](#) – 304 E Franklin St., Chapel Hill, NC, 27514, (919) 929-2193
- [Durham Five Oaks Seventh Day Adventist Church](#) – 4124 Farrington Rd., Durham, NC 27707, (919) 489-7777
- [Grace Church of Chapel Hill](#) (non-denominational) – 200 Sage Rd, Chapel Hill, NC 27514, (919) 968-4120
- [HillSong Church](#) – 201 Culbreth Rd, Chapel Hill, NC 27516, (919) 967-3056
- [Immaculate Conception Catholic Church](#) – 810 W Chapel Hill St., Durham, NC, 27701, (919) 682-3449
- [New Life SDA Fellowship](#) – 510 Sage Road, Chapel Hill, NC 27514
- [The Gathering Church | Chapel Hill/Durham, NC](#) – 5321 Ephesus Church Rd Durham, NC 27707
- [United Church of Chapel Hill](#) – 1321 Martin Luther King, Jr Blvd., Chapel Hill, NC 27514, (919) 942-3540
- [University Presbyterian Church](#) – 209 E Franklin St., Chapel Hill, NC 27514, (919) 929-2102
- [University United Methodist](#) – 150 E Franklin St., Chapel Hill, NC 27514, (919) 929-7191

Synagogues

- **Triangle Area-Durham/Chapel Hill:**
 - [Beth El Synagogue](#) – Durham/Chapel Hill (Conservative). 1004 Watts St., Durham, NC 27701, (919) 682-1238
 - [Chabad of UNC and Duke Durham/Chapel Hill](#) –(Orthodox). 6514 Glen Forest Dr, Chapel Hill, NC 27517, (919) 357-5904
 - [Congregation Etz Chayim, Durham/Chapel Hill](#)
Services are held in members' homes: For further information about Etz Chayim's worship services contact David Winer at dwiner@nc.rr.com, (919) 942-8044
 - [Judea Reform Congregation](#) – Durham/Chapel Hill (Reform). 1933 W. Cornwallis Rd, Durham, NC 27705, (919) 489-7062
 - [Chapel Hill Kehillah Synagogue](#) – Durham/Chapel Hill (Reconstruction). 1200 Mason Farm Rd, Chapel Hill, NC 27514. (919) 942-8914
 - [Kol Haskalah Durham/Chapel Hill](#) – (Humanistic) 134 Hunter's Ridge Rd, Chapel Hill, NC 27517, (919) 260-4801
 - [Triangle Religious Shule](#) – Durham/Chapel Hill (Unaffiliated). 1415 Faber St., Durham, NC 27708, (919) 684-6422

- [Jewish Heritage Foundation of North Carolina](#) – Contact: Serena Elliott - Interim Program Coordinator (serena.elliott@duke.edu, 919-660-3504, 253 Trent Hall, Duke University)
- [Durham-Chapel Hill Jewish Federation](#) – 1937 W. Cornwallis Rd, Durham, NC 27705, (919) 354-4936
- **Raleigh Area Synagogues:**
 - [Beth Meyer Synagogue](#) – Raleigh/Cary (Conservative). 504 Newton Rd, Raleigh, NC 27615, (919) 848-1420
 - [Beth Shalom](#) – Raleigh/Cary (Reform). 5713 Yates Mill Pond Rd, Raleigh, NC 27606, (919) 858-7777
 - [Chabad Of Cary](#) – Raleigh/Cary (Orthodox). 909 Reedy Creek Rd., Cary, NC 27513, (919) 651-9710
 - [Sha'arei Israel Synagogue](#) – Raleigh/Cary (Orthodox/Chabad). 7400 Falls of the Neuse Rd., Raleigh, NC 27615, (919) 847-8986
 - [Temple Beth Or](#) – Raleigh/Cary (Reform). 5315 Creedmoor Rd., Raleigh, NC, (919) 781-4895
 - [Yavneh](#) – Raleigh/Cary (Jewish Renewal). 1725 North New Hope Rd, Raleigh, NC 27604, (919) 719-0664

Mosques:

- [Chapel Hill Islamic Society](#) – 103 Stateside Drive, Chapel Hill, NC 27514. Email: chismailnc@gmail.com
- [Jamaat Ibad Ar-Rahman](#) – 3034 Fayetteville St., Durham, NC 27707, (919) 683-5593
- [Masjid Ar-Razzag](#) – 1009 W Chapel Hill St. Durham, NC 27709, (919) 493-1230
- [Apex Mosque](#) – 733 Center St. Apex, NC 27502, (919) 362-0403
- [Islamic Center of Morrisville](#) – 107-B Quail Fields Court, Morrisville, NC 27560
- [Muhammad Mosque No. 34](#) – 304 S Driver St., Durham, NC 27703, (919) 294-4446
- [Islamic Association of Raleigh](#) – 808 Atwater Street Raleigh, NC 27607, (919) 834-9572
- As Salaam Islamic Center – 110 Lord Anson Dr, Raleigh, NC 27610, (919) 231-1547
- [Islamic Association of Cary](#) – 1076 West Chatham St., Cary, NC 27511, (919) 460-6496

Hindu Temple:

- [Hindu Society of North Carolina Temple](#) – 309 Aviation Parkway, Morrisville, NC 27560, (919) 481-2574

- [Sri Venkateswara Temple of North Carolina](#) – 121 Balaji Pl., Cary, NC 27513, (919) 468-0040

Baha'i:

- [Baha'i Faith](#) – 5103 Revere Rd, Durham, NC 27713, (919) 489-6690

Buddhist Temples:

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

Hair Salons and Barber Shops

- [Salon 135](#) – 128 E Franklin St, Chapel Hill, NC, 27514, (919) 929-4119
- [Moshi Moshi](#) – 416 W Franklin St, Chapel Hill, 27516, (919) 933-1272
- [To The Woods](#) – 601 W Rosemary St, Suite 103, Chapel Hill, NC 27516, (919) 903-8593
- [Grace Hair](#) – 406 W Rosemary St, Chapel Hill, NC 27516, (919) 357-3503
- [Aveda Institute: Chapel Hill](#) – 201 S Estes Dr #200-B, Chapel Hill, NC 27514, (919) 960-4769
- Chapel Hill Barber Shop – 431 W Franklin St. #310, Chapel Hill, NC 27516, (919) 942-4864
- [Great Clips](#) – 104 NC-54 #4, Carrboro, NC 27510, (919) 967-9390
- **Beauty Shops: Black/African-American Hair Care**
 - Delaine's House of Beauty – 111 N Graham St., Chapel Hill, NC 27516, (919) 932-5405
 - Inflight International Hair – 323 W Main St., Durham, NC 27701, (919) 688-0057
 - Mary's Hairstyling – 122 Fidelity St # B, Carrboro, NC 27510, (919) 968-6711
 - Styles of Elegance – 112 E Main St B, Carrboro, NC 27510, (919) 933-1710
 - [Studio 10](#) – 5300 Atlantic Ave., Ste 103, Raleigh, NC 27609, (919) 871-0036
- **Barber Shops: Black/African-American Hair Care**
 - Cut Above – 111 N Merritt Mill Rd., Chapel Hill, NC, (919) 933-2883
 - Midway Barber Shop – 707 W. Rosemary St., Carrboro, NC, 27510, (919) 942-6338

- Plaza Barber Shop – 3125 Fayetteville St, Durham, NC 27707, (919) 688-3839
- The Renaissance Barbershop – 7001 Fayetteville Rd #131, Durham, NC 27713, (919) 806-2121

Recreation

UNC Gillings: The [Culture of Health Initiative](#) at UNC Gillings is a continuous process that includes finding ways to ensure that people have access to options that make it easier to be healthy. The initiative includes healthy living classes and activities.

- **Walkfit Stations** at UNC Gillings: The stations consist of a treadmill with a height-adjustable desk attached, complete with monitor displays and electrical outlets. The Walkfit stations are located in 131 Rosenau and need to be booked in advance, either through the below websites or via the monitors located adjacent to the door for 131 Rosenau. Please visit the links below for more information on the stations & how to book them:
<http://sph.unc.edu/resources/walkfit-station-1/> &
<http://sph.unc.edu/resources/walkfit-station-2/>

On-Campus Recreation Facilities⁶: Full-time undergraduate and graduate students receive an automatic membership through payment of mandatory student fees. [The membership](#) is only effective during semesters when the student is enrolled in classes.

- The **Rams Head Recreation Center (Rec Center)** is a state-of-the-art facility featuring:
 - Three basketball courts (one with inset soccer goals and dasher boards 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:
 - Two 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)

⁶ Text from this section is extracted directly from the web site: <http://campusrec.unc.edu/>

- Fencing/multipurpose room
- Wrestling/combatives room
- Six squash courts (American)
- 14 racquetball courts (four of which can be converted for wallyball)
- Sports medicine
- Student and faculty/staff locker rooms
- Basket room (locker and towel service and sport equipment check-out)
- **Intramural sports and sports clubs** are also good ways to stay healthy and make friends. For more information, visit: <http://campusrec.unc.edu/intramural-sports> or <http://campusrec.unc.edu/sport-clubs>.

Off-Campus Recreation Facilities: While campus facilities may be the most affordable option for students, there are several other local fitness centers. Check these websites for more information about facilities and pricing:

- [YMCA](#) (Chapel Hill)
- [O2 Fitness](#) (Carrboro)
- [Ladies' Fitness & Wellness Center](#) (Chapel Hill)
- [Balanced Movement Studio](#) (Carrboro)
- [Planet Fitness](#) (Chapel Hill)
- [Chapel Hill Aquatics/Swimming](#)

Outdoor Recreation

- **Camping:** 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 [North Carolina 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.
- **Hiking and Biking:** Chapel Hill's Department of Parks and Recreation has a listing of greenways and parks in the town: <http://www.townofchapelhill.org/town-hall/departments-services/parks-recreation/facilities-greenways-parks/greenways>.
 - NC holds 88 miles of the [Appalachian Trail](#), the nation's longest marked footpath (more than 2,100 miles) and first national scenic trail.
 - Another nice place to walk is in the trails near the [North Carolina Botanical Garden](#).
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.
 - [Duke Forest](#) has trails for walking and running
 - [Sarah P. Duke Gardens](#) is located on the Duke University Campus and has several walking trails
- **Beaches:** 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.

- **Mountains:** 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](#) 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.

Entertainment

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 consistently 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](#).

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)

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 <https://www.moviefone.com/> and enter your zip code to browse by location.

In addition to traditional indoor movie theaters, during the summer months, the [Southern Village](#) neighborhood offers "Movies on the Green," which involves watching recent movies in an outdoor venue.

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](#), [The Local 506](#), and [The Cave](#). Many other bars in Chapel Hill also have live music and DJ nights throughout the week and weekend.

Larger concert venues in the Triangle include [Koka Booth Amphitheater](#) in Cary, the [PNC Arena](#) in Raleigh, and the [Music Pavilion at Walnut Creek](#).

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

- [Weaver Street Market](#) (Thursday evening and Sunday mornings)

- [Caffe Triade](#)
- [Carolina Inn Fridays on the Front Porch](#)
- [Southern Village Summer Music Series](#)
- [WUNC Backporch Music Concert Series](#) at the American Tobacco Complex in Durham
- [Pittsboro Road House General Store Live Music](#)

For classical music, orchestra, theater, and other performing arts events, visit the [UNC School of Music Calendar](#), the [Carolina Performing Arts Center](#), or the [Carrboro Arts Center](#).

Theater: The Triangle has a variety of locations to watch live theater.

- [Playmakers Repertory Company](#) (Chapel Hill, NC) – The professional theatre in residence at UNC-Chapel Hill.
- [Carolina Performing Arts](#) (Chapel Hill, NC)
- [Durham Performing Arts Center](#) (Durham, NC) – The DPAC features entertainment events such as Broadway shows, comedy, and concerts.
- [Carolina Theater](#) (Durham, NC)
- [Durham Arts Council](#) (Durham, NC)

Museums and 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
- [Kidzu Children’s Museum](#) (Chapel Hill, NC)
- [Morehead Planetarium & Science Center](#) (Chapel Hill, NC)
- [Nasher Museum of Art](#) (Durham, NC) – Duke University’s art museum
- [North Carolina Museum of Life and Science](#) (Durham, NC)
- [African American Cultural Complex](#) (Raleigh, NC) – has artifacts and exhibits displaying the outstanding contributions made by African Americans in NC
- [North Carolina Museum of Art](#) (Raleigh, NC)
- [North Carolina Museum of History](#) (Raleigh, NC)
- [North Carolina Museum of Natural Sciences](#) (Raleigh, NC)
- [NC Zoo](#) (Asheboro, NC)

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 to 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 [ncfestivals.com](#).

- [African American Cultural Festival of Wake & Raleigh County](#) (September, in Raleigh)
- [Hopscotch Music Festival](#) (September, in Raleigh)

- [International Festival of Raleigh](#) (October, in Raleigh)
- [NC State Fair](#) (October, in Raleigh)
- [The Barbecue Festival](#) (October, in Lexington)
- [NC Seafood Festival](#) (October, in Morehead City)
- [World Beer Festival](#) (April, in Raleigh; October, in Durham)
- [LEAF: Lake Eden Arts Festival](#) (May and October in Black Mountain, NC)
- [Azalea Festival](#) (April, in Wilmington)
- [Bimbe Cultural Arts Festival](#) (May, in Durham)
- [Festival for the Eno](#) (July, in Durham)
- [American Dance Festival](#) (July, in Durham)

Restaurants

Chapel Hill and Carrboro: Looking for a specific type of food? Chapel Hill and Carrboro have “Asian fusion, traditional southern, progressive American, pit-cooked BBQ, authentic cuisines from the Middle East and the Mediterranean, fresh mesquite and charcoal grilled seafood, contemporary Italian, and so much more.”⁷ Use this great web resource from [VisitChapelHill.Org](#) to find food in Chapel Hill and Carrboro.

Durham: “Food and drink are in Durham's DNA. From family-run barbecue joints and old school soul food to fresh takes on global cuisine and craft beer, the Bull City's rich food and beverage culture cuts through fleeting trends. Eat and drink your way across town, and in the process, discover Durham's community and soul.”⁸ [Search and discover the food and restaurants Durham has to offer.](#)

Raleigh: You're in one of the "Top 10 Tastiest Towns in the South" according to Southern Living, and you'll quickly see why our culinary scene is gaining other national recognition. [Farmers' markets](#) provide fresh meat and produce to restaurants that are focused on farm-to-table cooking... Carolina favorites like sweet tea, barbecue and home-style vegetables are staples of our culinary history... and award-winning chefs (we can claim two Iron Chef contenders) are setting trends in unique and creative takes on comfort food. [Find a restaurant in Raleigh here!](#)

UNC Academic Resources

Classroom Culture: It is important for international students to understand the American education system and the roles that are expected of professors and students.

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 participating actively in classes. When students ask questions, they show the instructor they are interested in the class. International

⁷ Text extracted directly from <https://www.visitchapelhill.org/restaurants/>

⁸ Text extracted directly from <https://www.durham-nc.com/restaurants/>

students should participate actively in discussions; since you may well have different perspectives from U.S. students, other students will benefit from your questions and comments as well. In addition, completing all assignments 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. As a graduate student, questions and critical thinking are encouraged instead of simple regurgitation (memorizing and repetition) of material.

Academic Enrichment Program: This program is specifically for helping students navigate entry-level biostatistics and epidemiology courses at UNC Gillings. More information about the [Academic Enrichment Program \(PDF\)](#).

English as a Second Language (ESL) Mini-Courses: The [Writing Center at UNC](#) offers a variety of English as a Second Language (ESL) Mini-Courses. **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 mini-courses](#). 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.

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. Questions? Contact Dr. Gigi Taylor, vgtaylor@unc.edu.

Health Sciences Library: The librarians at the [Health Sciences Library](#) welcome the opportunity to support the research and information needs of all students. Librarians are happy to meet with you for individual research consults for in-depth assistance for course papers, master's papers, and dissertations; to find data sets or statistics; or to help you learn computer applications like Photoshop or GIS. The Global Public Health Librarian holds Librarian Office Hours in the Hooker Atrium every Thursday from 12-1pm.

The library offers classes on citation management, database searching and more. The library has study rooms, which you can reserve on the webpage above. You can also get access to virtually any book or article ever published through InterLibrary Loan for free. Call, text, or [chat online](#). No question is too small. They are here to help!

The Learning Center: The Learning Center at UNC offers a variety of resources to students:

- [Work with an Academic Coach](#)
- [Find a Tutor](#)
- [Join a Study Group](#)
- [Use our Test Prep Resources](#)

- [Improve your Reading](#)
- [Get Help with ADHD or a Learning Disability](#)

Academic Policies and Plagiarism: Information on course exemptions, SPH core courses, course registration, course-related forms and procedures, and school-wide forms and policies can be found on the [UNC Gillings website](#).

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

- **[UNC-Chapel Hill Writing Center](#):** 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](#):** 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 System](#):** UNC-Chapel Hill's Honor Code, called the [Instrument of Student Judicial Governance](#), lists the responsibilities and rights of students. The chronology of a case and appellate procedures are also outlined on the student information site.

Accessibility Resources & Service: "Through [Accessibility Resources & Service](#) the University of North Carolina - Chapel Hill seeks to meet the individual needs of applicants and current students with disabilities and medical conditions by coordinating and implementing appropriate accommodations and providing resources and services as they relate to academics, residences, dining and co and extra-curricular campus activities."⁹

Textbooks: You can find the [booklist](#) for your courses online before the semester begins.

It is helpful to compare prices for books on different sites. You can buy/rent books at the locations below:

- [UNC Student Stores](#)
- [Half.com](#)
- [Amazon.com](#)
- [Booksprice.com](#)
- [Chegg.com](#)

⁹ Text taken directly from: <https://accessibility.unc.edu/about-ars>

- Bigwords.com

Diversity Resources at UNC Gillings

At the UNC Gillings School of Global Public Health, we cultivate a [diverse and inclusive](#) environment to better prepare our students for the diverse world that awaits them – a world that seeks culturally competent people to serve as its leaders. This vision is explained further in the School’s [Diversity Statement](#).

You may see tags posted on the doors of certain faculty and staff members that read “Safe Zone” or “Mental Health First Aider” among others: What do those mean?



UNC-Chapel Hill
SAFE ZONE

- [Safe Zone](#) is a program designed to create a network of visible allies to people who identify as part of the diverse LGBTQ+ community.”¹⁰ Employees who have this designation have taken training that provided information and resources related to sexual orientation, gender identity and gender expression. Your conversations with them are confidential.



- Employees who have undergone [Mental Health First Aid](#) training have studied risk factors and warning signs of mental health and addiction issues, including anxiety, depression, substance use, bipolar disorder, eating disorders, schizophrenia and other mental health problems. Although these employees are not trained psychologists or psychiatrists, they can offer emotional support and direct those who need help to available resources on campus and beyond.



- [The Haven Program](#) (Helping Advocates for Violence Ending Now) training is “intended to provide students, faculty, or staff with tools and skills to be an ally to someone who has experienced sexual, interpersonal (relationship) violence, or stalking.”¹¹



- Faculty and staff that have a [Green Zone](#) tag are “members of the Carolina community that have been trained to know more about the issues and

¹⁰ Text taken directly from: <https://lgbtg.unc.edu/programs-services/safe-zone>

¹¹ Text taken directly from: <http://womenscenter.unc.edu/programs/haven-training/>

concerns faced by military affiliated students and to identify individuals who are available to assist this population.”¹²

Gender Non-Specific Restrooms: There are gender non-specific restrooms located outside 133 Rosenau and near 246 Rosenau, near where Rosenau connects to McGavran-Greenberg.

Meditation Room¹³: UNC Gillings has created a quiet room to meditate or pray in 016 Rosenau Hall, located on the ground floor of Rosenau Hall. “It is intended to be a multipurpose space for meditation, yoga, prayer, reading quietly, power naps and a safe place to find relief from normal daily stress and over-stimulation we all face.”

There are two ways to reserve the room. You can block 30 minutes in Outlook by searching for “SPH Quiet Space” which will automatically book the room on the digital sign located next to the room once you have selected your desired time. When booking through Outlook, your name will display on the digital sign. If you wish to book the room anonymously, you can reserve time directly on the digital sign. We do ask that you limit your use to 30 minutes per reservation. The Gillings Quiet Room is open between 7:00AM and 7:00PM Monday – Friday.”

Lactation Room: Gillings School of Global Public Health has designated 227A Rosenau Hall as a safe and private space for breastfeeding mothers. The room requires that you agree to follow two rules pertaining to cleanliness and privacy. To find out more information and request access to the room, please [click here](#).

Student Organizations: There are hundreds of UNC-affiliated clubs and organizations. For more information on these clubs and organizations, visit the following web sites:

- [Gillings School of Global Public Health student organizations](#)
- [International Friendship Program](#)
- [International Coffee Hour](#)
- A comprehensive list of all [UNC student organizations](#)

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Comments and improvements are welcome! Please send to Naya Villarreal at nayavill@email.unc.edu.

This guide is a complement to:

1. Graduate and Professional Student Federation Resource Guide

¹² Text taken directly from: <https://deanofstudents.unc.edu/GreenZoneTraining>

¹³ Text taken directly from: <https://sph.unc.edu/services/>

<http://gpsf.unc.edu/student-resources/gpsf-resource-guide/#toc-Section-7>

2. International Students and Scholars Services

<http://oisss.unc.edu/resources-2/>

This guide is an update of those [developed previously by the Gillings Global Gateway®](#), epidemiology and health policy and management departments.