

# Survive and Thrive

A guide for incoming public health students from around the world



UNC  
GILLINGS SCHOOL OF  
GLOBAL PUBLIC HEALTH

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## INTRODUCTION<sup>1</sup>

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This guide is intended to provide resources and helpful information for new international students in the UNC-Chapel Hill Gillings School of Global Public Health. It will be revised and updated regularly. Input from students and faculty and staff members is very welcome.

### 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 the top public health leaders and students for over 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.

### Engagement

Gillings faculty, staff and students study, research, act on and help solve urgent public health problems.

- **Big problems, big solutions.** We're finding ways to prevent cancer, reduce health disparities, improve water quality and access, prevent obesity in children and create practical, cost-effective solutions to improving health policy.
- **Focus on community.** We work with communities in our research, teaching and outreach to address community health problems.
- **Constructive action.** We collaborate and engage beyond programs and departments to produce results.

### Scope

"Global is local, local is global."

- **We are everywhere.** We do research or outreach in all 100 North Carolina counties, across the United States and in more than 60 countries around the world.
- **We are nimble and creative.** Our approaches, methods and solutions are adaptable as seen by successes in North Carolina, Tanzania, China, or Brazil informing applications in other countries, in N.C. and throughout the U.S.

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<sup>1</sup> Some of the text from this section is taken directly from <http://sph.unc.edu/resource-pages/what-makes-gillings-unique/> and <http://sph.unc.edu/resource-pages/about-the-school/>

- ***We can meet help you meet your goals.*** Every department offers opportunities for local and global study.

For every significant public health challenge now or on the horizon, our faculty, staff and students create, lead and implement research and solutions locally and globally.

### Community

At the Gillings School, you find people working together across disciplines to make a difference. You find practical idealists who are gaining new knowledge about some of the world's biggest health threats. You find the faculty, staff and students translating knowledge into programs, policies and practices and taking them to scale.

- ***Great spaces.*** Our 21st-century classrooms, labs and meeting spaces help propel our work. Our open doors and open spaces help us engage, exchange ideas and move forward.
- ***Interdisciplinary inquiry.*** We're across the street from the medical, nursing and dental schools, next door to our pharmacy school, a short walk from arts and sciences and around the corner from one of the finest hospitals and cancer centers in the U.S. At the School, it's easy to make connections, explore concepts from all angles, ask and answer questions and make progress.
- ***Outstanding university.*** UNC-Chapel Hill is known as one of the nation's great "public ivies." Students at the Gillings School have access to the deep resources available throughout the campus.
- ***Great college town.*** And then there's Chapel Hill, a diverse, welcoming community that helps define the Gillings experience.

### At the Gillings School, we...

- ***Solve*** potable water access and sanitation problems;
- ***Pioneer*** new efforts to prevent and control cancer;
- ***Prevent*** diabetes, asthma, HIV, cardiovascular disease, premature births, traumatic brain injuries and interpersonal violence;
- ***Improve*** health care quality and access;
- ***Reduce*** health disparities;
- ***Work*** with communities to solve problems they identify;
- ***Educate*** physicians and other providers to infuse a public health approach into their work;
- ***Innovate*** ways to prevent and treat obesity in children and adults; and
- ***Much more!***

## **PREPARING FOR VISA INTERVIEW AND TRAVELING TO U.S.**

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### **Preparing for F-1 visa interview:**

*(Read 120 – 240 days before departure to U.S.)*

Immediately after you receive your letter of admission, it is important that you follow the instructions from International Student and Scholar Services (<http://isss.unc.edu/>) for submitting your financial certificate and applying for a student visa.

### **STEPS<sup>2</sup>**

Go to the “Study in the States” website (<http://studyinthestates.dhs.gov/students>), and review the process for preparing to apply for a student visa. Specific information from the U.S. Department of State is available at <https://travel.state.gov/content/visas/en.html>

After you receive Form I-20 from UNC, read the information provided by ISSS and 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.** F-1 students may apply up to 120 days in advance of beginning a course of study; however, you will not be allowed to enter the U.S. more than 30 days before the beginning date on Form I-20.

Wait times for interview appointments vary by location, season and visa category, so apply for your visa early. Review the interview wait time (<http://travel.state.gov/content/visas/english/general/wait-times.html/>) for the location where you will apply.

For information about paying the I-901 fee, see [www.ice.gov/sevis/I901](http://www.ice.gov/sevis/I901).

If you have any questions, or will be delayed due to visa “administrative processing,” contact ISSS for advice.

### **In Summary, here are quick DOs and DON'Ts.**

#### **DOs:**

- Make contact with the departmental student buddy at least three weeks before anticipated departure date.
- Book your flight only after the visa has been stamped in your passport.
- Check the U.S. Customs and Border Protection information

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<sup>2</sup> This information was in part retrieved from National Association of Foreign Student Advisers <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)

([www.cbp.gov/xp/cgov/travel](http://www.cbp.gov/xp/cgov/travel)) 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 cultural shock in terms of food, skin changes and lifestyle.
- Ask for clarification if confused at any step of your transition.

### DON'Ts

- 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 **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 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.
- 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>). [ISSS is located on Pittsboro Street, on the second floor of the FedEx Global Education Center.](#)



## **BASICS OF LIVING IN NORTH CAROLINA**

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### **Housing: Finding a place to live**

#### **Finding housing**<sup>3</sup>

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 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 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.

If on-campus accommodations are available, you might 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 three to five people. These laws are intended to prevent 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.

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<sup>3</sup> Text for this section is extracted directly from the web site: <http://sils.unc.edu/current-students/for-new-students/incoming-students#housing>

Many local apartment complexes are on the free 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).

### Housing information

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](http://www.apartmentfinder.com)
- Apartment Ratings— [www.apartmentratings.com](http://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](http://www.rent.com)

### On-campus option

- Graduate and professional students can select apartment-style housing in Odum Village Apartments (<http://housing.unc.edu/residence-halls/odum-village-apartments>). Students are encouraged to apply as soon as the application becomes available in March.
- Approximately 120 graduate/professional student spaces in one- and two-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](mailto: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 <http://housing.unc.edu/baityhill>). See the housing website (<http://housing.unc.edu>) for apartment and other links to off-campus housing.
- An especially good apartment locator is at [http://www.myapartmentmap.com/list/colleges/nc/university\\_of\\_north\\_carolina\\_at\\_chapel\\_hill/?search=true](http://www.myapartmentmap.com/list/colleges/nc/university_of_north_carolina_at_chapel_hill/?search=true)

For more information, visit <http://housing.unc.edu/future-residents/graduate-students>, call 919-962-4501 or email [housing@unc.edu](mailto:housing@unc.edu).

### Other things to consider

**Parking:** There is no free parking on-campus from 7:30 a.m. to 5 p.m. 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 pm and all day on weekends, with a few exceptions for football and basketball game days and special events (marked by signs).

<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<sup>4</sup>

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 efficiency, and has a separate kitchen and eating area.
- **One-, two- or three-bedroom apartment.** 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 for these services.

- **Utilities.** When an 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 that any utilities are included, assume that you will be responsible for paying for them. Water and sewage fees are usually paid by the landlord, unless you are renting a house.

- **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 also will include a stove and refrigerator. Most apartments are rented unfurnished. An unfurnished apartment will include a stove and refrigerator but nothing else. A furnished apartment likely will cost an additional \$50 in rent each month. It may be more cost-efficient to rent an unfurnished apartment and buy used furniture, as needed. Graduating students often sell their household furnishings to incoming

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<sup>4</sup> Text for this section is extracted directly from the web site: <http://www.edupass.org/living/housing.phtml>

students.

**Parking.** If you intend to own a car, it might be best to choose an apartment that includes a garage or off-street parking. It is sometimes difficult to find a parking space on the street, especially if many students with cars live nearby.

You also should ask whether laundry facilities are available. Coin-operated washers and dryers usually are located within apartment complexes, but not always.

## Understanding Leases 101

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 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**, the date each month on which it should be paid, and possibly, how much rent will increase in subsequent years;
  - **Whether utilities are included** in the rent, and if so, which ones (heat and electricity will be expensive to pay separately);
- **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;

Note: The security deposit can be as much as twice the monthly rent. The security deposit will be refunded at the end of the lease period if the apartment is left clean and undamaged. If not, the landlord will use the security deposit to cover the cost of cleaning and repairing the apartment. Accordingly, if there are problems with the apartment when you move in, you should discuss these with your landlord and note the problems on your lease so you will not be held responsible when you move out. If the landlord allows pets, and you have one, there may be an additional fee or deposit when you move in to cover any damage the pet might do; this fee can sometimes be non-refundable. See below for more information on pets.

- **Restrictions on pets**, children, and noise;

Note: Many landlords do not permit pets because of the potential for damage and noise. If the landlord allows pets, you may have to pay an additional fee upon moving in (see above) and/or an extra pet fee each month. Policies about pets differ between apartments so if you have a pet, it is important to ask the landlord about their policies. The lease also

may contain a provision prohibiting noise from musical instruments, stereo systems, loud parties and other sources, particularly late at night or early in the morning.

- **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;**

Note: The landlord will outline the penalties to be paid by the tenant for breaking the lease. These penalties may include forfeiting the security or being responsible for paying the remaining rent in a single payment.

- **A clause about subletting.**

Note: The landlord will determine whether the tenant may sublet 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 another person to move in, pay the rent, and take on your obligations in your stead. Otherwise, you will be responsible for the rent for the remainder of the lease.

- **A clause about eviction proceedings.**

Note: The most common reasons for an eviction include failure to pay the rent on time or causing significant damage to the property. This part of the lease will describe each party's rights and obligations if the landlord asks the tenant to leave during the term of the lease.

The lease may include 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 there are sections you do not understand, ask the landlord to explain it to you. It is also a good idea to bring a friend with you, one who may better understand legal language and the leasing process.

Don't be afraid to mark through on the printed form any provisions with which you disagree. Both you and the landlord must initial any changes that either of you makes 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 or ceiling, nonfunctional kitchen appliances, and anything else you notice.

Most states have laws that do not permit you to sign away your rights, so any statement on the lease saying that you waive the provisions of specific laws likely will not be part of a legal and binding agreement. Statements about cost of rent, 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 the first month's rent and security deposit, get receipts – separate ones for the rent and deposit. It is best to pay the rent by check, and to use a separate check for the security deposit. You will need this proof at the end of the lease in order to recover your deposit. When you return the key to the landlord at the end of your lease, provide a forwarding address to which the landlord can mail your refunded deposit. When possible, send the key 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. If you return the key in person, get a signed receipt and acknowledgement that the landlord knows your forwarding address.

Be sure to write down the name, address and telephone number of the landlord, as well as the name and contact information for the person responsible for maintaining and repairing the property. You will need this information when you request utilities and telephone service.

### **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. They may be able to schedule service over the phone, or they may require you to visit their offices. If you do not have a good credit history, they may require you to pay a security deposit. The security deposit will 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 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 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 ([http://www.ncdoi.com/Publications/Consumer%20Guide%20to%20Renters%20Insurance\\_CHO1.pdf](http://www.ncdoi.com/Publications/Consumer%20Guide%20to%20Renters%20Insurance_CHO1.pdf)).

For a typical two-bedroom apartment, the fee for renter's insurance can range from \$130 to \$160 USD.

Here are some insurance companies that offer renter's insurance. Another way to save money is to add renter's insurance to your car insurance.

- First American Property & Casualty: <https://www.fapcig.com/ConsumerWeb/index.aspx>
- Liberty Mutual: <http://www.libertymutual.com/home-insurance/home-products>
- State Farm: <http://www.statefarm.com/insurance/homeowners/homeowners.asp>

## Securing utilities and basic household needs

### Telephone

The largest phone service providers are AT&T, Verizon, MCI and Sprint. You may change the carrier after your initial contract period. (In the case of a cell phone, this period may be one or two years). 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 also will offer a variety of optional services, such as Call Waiting and Caller ID. These services cost extra money and are not necessary. They also will offer a calling card, which can be used to charge your account for calls you make from other phones. The card is free, but calls billed to the card are charged higher rates.

Soon after you arrange for landline (non-cell) 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 individual residents, organized alphabetically by last name.
- **Blue Pages** list numbers for local and federal government offices. If you need the telephone number for local government agencies, look in the blue pages.
- **Yellow Pages** contain listings and advertisements for businesses. These are organized both alphabetically and by type of business, product or service (e.g., automobile repair, physicians). Yellow pages also are 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 of the telephone directory or online at [http://wikitravel.org/en/List\\_of\\_country\\_calling\\_codes](http://wikitravel.org/en/List_of_country_calling_codes)

Toll free numbers are like long distance numbers, but with an area code of 800, 888, 877, 866 or 855. See <http://www.fcc.gov/guides/toll-free-numbers-and-how-they-work> 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 (see below) for the number. The operator will ask for the person's name and the city in which he or she lives. You will be charged each time you use this service. You also may use free directory assistance (1-800-373-3411) or try an online directory such as the one at <http://www.switchboard.com/>.

To reach local directory assistance (for a person who lives in the Chapel Hill/Durham area), 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 that likely has a toll-free telephone number, call 1-800-555-1212; there is no charge for this call. There are several other free online directories, such as 555-1212.com, BigBook, WhoWhere, WorldPages, Yahoo People Search, and Zip2.

Payphones, when you can locate them, 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 also may purchase prepaid phone cards from many businesses, such as grocery stores and gas stations.

To make a collect call (the person you are calling will pay the cost of the call), dial 0 followed by the area code and telephone number. Tell the operator that you are making a collect call. You will be asked to hold until the operator verifies that the caller is willing to pay. You also can call collect by dialing 1-800-CALL-ATT (1-800-225-5288) or 1-800-COLLECT (1-800-265-5328).

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

**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 an inexpensive landline. Check with your Internet and cable provider; you might save by bundling the services. Voice Over Internet Protocol (VOIP) phone services such as Vonage are becoming popular, especially if you make frequent international calls.



## Internet Service

If your friends and family outside the U.S. have access to email, sending email can be one of the most cost-effective methods of communicating. UNC provides wireless and wired Internet connections that you may use.

Several options for video and audio communications are free of charge as long as the person you are calling outside the U.S. is signed up for the same service. These include Skype ([www.skype.com](http://www.skype.com)), Google Plus (<http://plus.google.com>), and Yahoo Messenger (<http://messenger.yahoo.com>).

Other current apps for international communication include Viber (<http://www.viber.com/>) and Whatsapp (<http://www.whatsapp.com/>).

All of these allow free computer-to-computer calls, phone-to-phone audio/video and chat functionality. The catch is that at the other end, the individual must have the same application. 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.

Utility	Service Area	Source	Deposit	Charge	Time Required
<b>Cable</b>	<b>Chapel Hill/ Carrboro</b>	Time Warner Cable 1201 Raleigh Rd., Chapel Hill (919) 213-6363	Varies Some apartments bundle cable with rent – ask your landlord	Depends on # of outlet and services.	2-3 business days
		AT&T Internet & TV Chapel Hill, NC (855) 293-7676	Varies Some apartments bundle cable with rent – ask your landlord	Depends on # of outlet and services.	2-3 business days
<b>Electric</b>	<b>Durham</b>	Duke Power Co. 2000 Avondale Dr. #R (800) 777-9898 <a href="http://www.duke-energy.com/north-carolina/service.asp">http://www.duke-energy.com/north-carolina/service.asp</a>	Call for information	Depends on usage	24 hours' notice
	<b>Chapel Hill/Carrboro</b>	Duke Energy. 2700 Homestead Rd.,	Call for information	Depends on usage	24 hours' notice

Chapel Hill 27516  
 1-800-777-9898  
<http://www.duke-energy.com/>

	<b>Chapel Hill/Carrboro</b>	Piedmont Electric Post Office Drawer 1179 Hillsborough 27278-1179 <a href="http://pemc.coop/">http://pemc.coop/</a>	Varies. Those with bad credit score or no credit history can prepay for a year	Depends on usage	Depends, sometimes immediate
<b>Water and Sewer</b>	<b>Durham</b>	Durham Water and Sewer Customer Service 101 City Hall Plaza 27701 (919) 560-4412 www.durhamnc.gov	\$ 50 Check with your landlord if service is bundled with rent	Depends on usage	1 business day
	<b>Chapel Hill/Carrboro</b>	Orange Water and Sewer Authority (OWASA) 400 Jones Ferry Rd. Carrboro 27510 (919) 968-4421 www.owasa.org	Service initiation fee	\$40 before 4pm wkdays \$70 after 4 pm and weekend	Same day, except on holidays.
<b>Gas</b>	<b>Chapel Hill</b>	PSNC Energy	Varies w/house size	Depends on usage	2-3 business days

**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**.

### Consignment and Thrift Shops

1. **PTA Thrift Shops** (Clothing, housewares, books, furniture)
  - 103 S. Elliot Rd. (Chapel Hill) (919) 942-6101
  - 115 W. Main St. (Carrboro) (919) 942-6565
2. **Baby Bear** (Children's clothing, books, baby supplies, maternity clothes)
  - 3409 University Dr. (Durham) (919) 493-0854
3. **Thrift World**
  - 2000 Chapel Hill Rd.(Durham) (919) 490-1556
4. **Goodwill Store**
  - 4318 Garrett Road (Durham) (919) 493-1182
  - 5267 N. Roxboro Road (Durham) (919) 479-1141
  - 520 Hampton Point Blvd. (Hillsborough) (919) 245-1209
5. **Habitat for Humanity ReStore (Durham)**

5501 Durham-Chapel Hill Blvd. (919) 403-8668  
Durham, NC 27707

### Used Furniture Stores

1. Trosa Furniture and Frame Shop, 313 Foster Street, Durham, (919) 682-1495
2. Furniture <http://raleigh.craigslist.org/fua/>
3. 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.

### Campus Food Pantry<sup>5</sup>

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 if you are worried about going hungry.

#### Hours of Operation

Monday: 3pm-7pm

Wednesday: 3pm-7pm

Friday: 2pm-5pm

Carolina Cupboard is closed whenever the University is closed.

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

They are located in Avery Residence Hall's basement (295 Ridge Road, Chapel Hill, NC 27514) which can be accessed through the side doors.

For more information, please visit: <http://carolinacupboard.web.unc.edu/>

### Grocery Stores

#### Food Lion

Carrboro Plaza	Carrboro	(919) 932-1589
Willow Creek Shopping Center	Carrboro	(919) 942-0916
Timberlyne Shopping Center	Chapel Hill	(919) 929-0458
Rams Plaza	Chapel Hill	(919) 967-0458

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<sup>5</sup> Text from this section was extracted from <http://carolinacupboard.web.unc.edu/> with some minor modifications.

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

12500 U.S. 15-501 N.	Chapel Hill	(919) 357-9039
5450 New Hope Commons Dr.	Durham	(919) 489-4412

**Fresh Market**

1200 Raleigh St.	Chapel Hill	(919) 932-7501
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**Harris Teeter**

1800 Airport Rd.	Chapel Hill	(919) 968-0110
Carr Mill Mall	Carrboro	(919) 942-8564
Meadowmont Village	Chapel Hill	(919) 932-5020
University Mall	Chapel Hill	(919) 933-5700

**Trader Joe’s** (inexpensive alternative to Whole Foods – they carry organic and healthy foodstuffs, good selection of produce and wines)

1800 E. Franklin St.	Chapel Hill	(919) 918-7871
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**Kroger**

3420 SW Durham Dr.	Durham	(919) 403-6945
202 N Carolina 54	Durham	(919) 361-9893
3825 S Roxboro St.	Durham	(919) 361-0470

**Target**

8210 Renaissance Pkwy	Durham	(919) 425-0001
4037 Durham-CH Blvd.	Durham	(919) 765-0008

**Ethnic and Specialty Grocery Stores**

**Asian Stores:**

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

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

**Classic Silver Wok Gourmet** 7 Mariakakis Plaza, 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.

*Locations:*

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

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

**Middle Eastern Store:**

Almadina Supermarket 1019 Method Road Raleigh, NC  
Phone: (919) 755-6220  
Hours: Mon - Fri & Sun: 9 am. - 10 pm., Sat 9 am. - 11 pm

**Whole Foods Market** (Gourmet and health food stores –expensive)

*Locations:*

Village Plaza, 81 S. Elliot Rd., Chapel Hill, N.C. 27514  
Phone: (919) 968-1983  
Open 7 Days a week, 7 a.m. – 10 p.m.

621 Broad St., Durham, NC 27705  
Phone: (919) 286-2290  
Open 7 Days a week, 7 a.m. – 9 p.m.

**Weaver Street Market**

Open 7 days a week -7am - 10pm.

*Locations:*

101 East Weaver St., Carrboro, North Carolina 27510  
Phone: (919) 929-0010

716 Market St., Chapel Hill, North Carolina 27516  
Phone: (919) 929-2009

**Carrboro Farmers' Market** (Produce, baked goods, etc.)

Saturdays year round 7am-12noon; Wednesdays from  
April 8 - October 21, 3:30-6:30pm

Located off 301 W Main St., Carrboro, NC 27510

(919) 967-2752

**Other farmers market locations:**

Saturday mornings from May through August  
University Mall, Chapel Hill  
(919) 533-9496

Thursdays from May 7-August 27, 3:30pm-6:30pm  
Southern Village, Chapel Hill  
(919) 280-3326

**Durham Farmers' Market** (Produce, baked goods, etc.)

Located in The Pavilion a Durham Central Park  
501 Foster Street, Durham NC 27701  
(919) 667-309

Saturday's Year Round:

Winter hours:

Dec 5 – Apr 1: 10AM – 12PM

Summer hours:

Apr 2 – Dec 4: 8AM – 12PM

Wednesday Market:

Apr 20 – Oct 12: 3:30 – 6:30 PM

**Some nearby drug stores and pharmacies**

***CVS Drug Stores***

Rams Plaza	Chapel Hill	(919) 942-0169
15-501 North	Chapel Hill	(919) 929-5664
Carr Mill Mall	Carrboro	(919) 929-2181

***Rite Aid Pharmacy***

Eastgate Mall	Chapel Hill	(919) 929-1178
Willow Creek Shopping Center	Carrboro	(919) 942-0933
Timberlyne Shopping Center	Chapel Hill	(919) 929-0174
Glen Lennox	Chapel Hill	(919) 968-3777

***Sutton's Drug Store*** 159 E. Franklin St. Chapel Hill (919) 942-5161

**Campus Health Services** also runs a pharmacy at which medications cost somewhat less 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 (919) 966-6554.

## Health care

### Campus Health Services<sup>6</sup>

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 provider at any time, as you become better acquainted with our staff. We also refer patients to 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 <https://campushealth.unc.edu/charges-insurance/campus-health-fee-and-chargespayments> for a more comprehensive description of what is covered under the Campus Health Fee. **A deductible is the amount you have to pay out-of-pocket before the insurance can cover the costs.**

All eligible students enrolled in the UNC System Colleges and Universities, including UNC-Chapel Hill, are required to have health insurance coverage. The University of North Carolina offers a policy that meets minimum requirements. Details about the student health insurance plan are available at <https://campushealth.unc.edu/charges-insurance/mandatory-student-health-insurance>

CHS also offers a variety of specialty services such as:

- Acute care/extended services
- Allergy injections
- Asthma care
- Bloodborne pathogen exposure/needle stick care
- Dermatology
- Diabetes care
- HIV testing
- Immunizations
- International travel clinic
- Laboratory
- Men's health
- Nutrition services
- Pharmacy
- Radiology

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<sup>6</sup> 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](http://campushealth.unc.edu/index.php?option=com_content&task=blogcategory&id=0&Itemid=51).

- Sexual assault response
- Sports medicine (including orthopedics and physical therapy)
- Women's health

Some of these specialty services will require a referral from a physician seen in Clinics I, II or III, and will incur an additional charge. Please review the information pertinent to these services.

UNC has a full-service pharmacy that handles prescriptions written by CHS physicians and carries most over-the-counter medications. Pharmacists are available for counseling about any medications dispensed at CHS. Most insurance plans 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<sup>7</sup>

**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	(919) 967-3272
1201 South Briggs Ave., Suite 200	Durham	(919) 403-6950

## Child Care Financial Assistance Program

The 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 Flyer](#).

## University Child Care Center

The University of North Carolina at Chapel Hill and UNC Health Care Systems opened the University Child Care Center, in August 1998 and contracted Victory Village Day Care Center to manage the facility. The Center is a nationally accredited, five-star licensed non-profit center.

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<sup>7</sup> Some of the text from this section is extracted directly from: <http://hr.unc.edu/benefits/work-life-programs/child-care-programs/>



Children enrolled at the University Child Care Center are children of students, faculty and staff of UNC-Chapel Hill and UNC Health Care Systems. The population is a diverse group that reflects the race, ethnic and cultural diversity of the Chapel Hill community. The center can accommodate 120 children, ranging from infants to five year-olds.

## Schools and Education Systems in U.S.

- Early childhood education in the U.S. is followed by primary (elementary) school, middle school, secondary (or high) school and then postsecondary (tertiary) education.
- Postsecondary education (college and graduate school) includes non-degree programs that lead to certificates and diplomas. There are also 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, are also available.
- For more information, visit [Organization of U.S. Education](http://www2.ed.gov/about/offices/list/ous/international/usnei/us/edlite-org-us.html)  
<http://www2.ed.gov/about/offices/list/ous/international/usnei/us/edlite-org-us.html>

The United States has a decentralized education system based upon the federal Constitution, which grants the right to states and local authorities and individual schools and universities to manage educational decisions. (For more information, follow the U.S Department of Education link above)

For information on local public schools, see:

1. Orange County Schools <http://www.orangecountyfirst.com>
2. Chapel Hill-Carrboro City Schools <http://www.chccs.k12.nc.us>
3. Durham Public Schools <http://www.dpsnc.net/>
4. Chatham County Schools <http://chatham.k12.nc.us/>
5. Wake Country Schools System <http://www.wcpss.net/>

## Hair Salons

1. Salon 135 128 E Franklin St, Chapel Hill (919) 929-4119
2. Moshi Moshi 416 W Franklin St, Chapel Hill (919) 933-1272
3. To The Woods 601 W Rosemary St, Chapel Hill (919) 903-8593
4. Grace Hair 406 W Rosemary St, Chapel Hill (919) 357-3503
5. Aveda Institute-Chapel Hill 201 S Estes Dr, Chapel Hill (919) 960-4769

## African-American hair care ~ beauty shops

1. Raffles 104 NC 54, #104Y, Carrboro; (919) 968-9161 (Walk-ins welcome)
2. Delaine's House of Beauty 111 W Graham St., Carrboro (919) 932-5405
3. In-flight 323 W Main St., Durham (919) 688-0057
4. Mary's Hairstyling 122-B Fidelity St, Carrboro (919) 968-6711
5. Styles of Elegance 112 E. Main St., Carrboro (919) 933-1710
6. Elegant Hair Designs 10364 Rd., Fayetteville (910) 875-1110
7. Studio 10 2431 Spring Forest Rd., Raleigh (Walk-ins only) (919) 871-0036

## African-American hair care ~ barber shops

1. Cut Above 111 N Merritt Mill Rd., Chapel Hill. (919) 933-2883
2. Midway Barber Shop 707 E. Rosemary St., Carrboro. (919) 942-6338
3. Plaza Barber Shop 3125 Fayetteville St., Durham (919) 688-3839
4. Precision Styles Barber Shop 1201 University Drive, Durham (919) 489-5631

## PLACES OF WORSHIP

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### Churches

#### African-American-identifying

*This is not exhaustive; for a more comprehensive list, also check [The Black Church Network](http://theblackchurches.org/churches/) <http://theblackchurches.org/churches/>*

1. Abiding Savior Lutheran Church 1625 S. Alston Ave, Durham, (919) 682-7497
2. Ebenezer Baptist Church 2200 S Alston Ave., Durham, (919) 596-2131
3. First Baptist Church 106 N. Roberson St. (just off Franklin St.), Chapel Hill, (919) 942-2509
4. First Baptist Church 302 Moore St., Fayetteville, (910) 483-6505
5. First Calvary Baptist Church of Durham 1311 Morehead Avenue, Durham, (919) 489-4184
6. Holy Cross Catholic Church 2438 S. Alston Ave., Durham, (919) 957-2900
7. Immanuel Temple SDA Church 1309 Lincoln St Durham, NC 27701 (919) 957-0032
8. Southside Church of Christ 800 Elmira Ave., Durham, (919) 688-3535
9. St. Joseph's CME Church 510 W Rosemary St, Chapel Hill., (919) 929-1116
10. St. Paul's AME Church corner of Franklin St. and 103 Merritt Mill Rd., Carrboro (919) 967-3961
11. St. Titus' Episcopal Church 400 Moline St., Durham, (919) 682-5504

12. White Rock Baptist Church 3400 Fayetteville St., Durham, (919) 688-8136
13. White Rock Holy Church 932 White Rock Road, Chapel Hill, (919) 933-0593
14. World Overcomers Christian Church 2933 S. Miami Blvd., Lincoln Park West, Suites 101-106, Durham, (919) 402-9622

### 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, (919) 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 (925) 395-0714
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. [The Summit Church](#) (multiple locations in the triangle, Spanish and Mandarin services available) 2335 Presidential Dr, Suite 114, Durham, NC (919) 383-7100
2. [Chapel Hill Bible Church](#) (non-denominational) 260 Erwin Rd. Chapel Hill (919) 408-0310
3. [Chapel of the Cross](#) 304 E Franklin St. Chapel Hill (919) 942-2955
4. [Durham Five Oaks Seventh Day Adventist Church](#) 4124 Farrington Rd Durham, NC 27707. (919) 489-7777
5. [Grace Church of Chapel Hill](#) (non-denominational) 200 Sage Rd, Chapel Hill (919) 968-4120
6. [HillSong Church](#) 201 Culbreth Rd, Chapel Hill (919) 967-3056
7. [Immaculate Conception Catholic Church](#) 810 W Chapel Hill St. Durham (919) 682-3449

8. [New Life SDA Fellowship](#) 5936 Farrington Rd. Chapel Hill, NC 27517. (919) 323-1963
9. [The Gathering Church | Chapel Hill/Durham, NC](#) — 5321 Ephesus Church Rd Durham, NC 27707
10. [United Church of Chapel Hill](#) 1321 Martin Luther King Jr Blvd. Chapel Hill (919) 942-3540
11. [University Presbyterian Church](#) 209 E Franklin St. Chapel Hill (919) 929-2102
12. [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 ([serena.elliott@duke.edu](mailto:serena.elliott@duke.edu), 919-660-3504, 253 Trent Hall, Duke University)
2. [Durham-Chapel Hill Jewish Federation](#). 1937 W. Cornwallis Road Durham, NC 27705. (919) 354-4936

## 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 the 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](mailto: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](mailto: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 N.C.](#) (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 (919) 929-3331

### Buddhist Temples

1. Kadampa Center (Buddhist) 5412 Etta Burke Ct., Raleigh (919) 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

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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. 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 well-lit areas.

- **Stay alert and avoid risky behaviors.** Always walk on the sidewalk; if there is no sidewalk, walk on the left, facing traffic. Stay sober; walking while impaired increases your chance of being struck. Don't assume vehicles will stop; make eye contact with the driver rather than looking only 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 Gillings School on Pittsboro Street). Don't wear headphones or talk on a cell phone while crossing busy streets.

While most everyone feels that he or she is an experienced pedestrian, there may be many cultural differences in driving and walking behaviors in the U.S. Foreexample:

- 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 an intersection where there is a traffic signal or a place with a wide, raised median. Otherwise, wait until there is a long enough gap in traffic so that you can cross the entire street safely.
- 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. It is therefore 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 accustomed 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 physically fit and get you to your destination quickly, often faster than taking the bus or driving. Here are some important safety tips.<sup>8</sup>

1. **Always ride with traffic, and follow the rules of the road.** Forget what you it is better to ride 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 to 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. 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 about 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.** 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 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 debris on the road or trail that might make you fall or swerve.**

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<sup>8</sup> Text for bicycle safety tips is extracted directly from the web site:  
<http://www.bicyclinginfo.org/bikemore/safely.cfm>.

Rocks, trash, storm grates, wet leaves, potholes, gravel, railroad tracks, and even wet pavement markings can all cause a biker to have an accident. Also watch for parked cars, doors opening, and cars pulling in and out of driveways.

6. **Watch for turning traffic.** Perhaps rather surprisingly, 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. Therefore, at every intersection and driveway, keep a careful eye out for:
  - o Motorists turning right in front of you - you may be going faster than they think.
  - o 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 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 <http://www.bicyclinginfo.org/bikemore/helmet.cfm>.

### **Bike Shops:**

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

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 <http://www.bicyclinginfo.org/bikemore/helmet.cfm>.

### **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.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules/all-routes-schedules>. 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.

Additionally, students can access regular and express buses from a number of Park-and-Ride lots; for more information, visit: <http://www.townofchapelhill.org/town->



[hall/departments-services/transit/park-ride](#). 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/>) 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.

## 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 businesses that sell new cars also 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 detailed steps in buying a used car, click on the link above.

## In Summary

- Decide how much you want to spend on a 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 pay on an installment plan.
- There is great advice on [10 Steps to Finding the Right Car for You](#).  
<http://www.edmunds.com/car-buying/10-steps-to-finding-the-right-car-for-you.html>
- Search listings for used cars, including on [craigslist](#).  
<http://raleigh.craigslist.org/search/cta>
- 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, see the information at [UNC Student Legal Services](http://studentlegalservices.web.unc.edu/). <http://studentlegalservices.web.unc.edu/>

- 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 also can check the value of the car in the [Kelly Blue Book](http://www.kbb.com/) <http://www.kbb.com/> 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 through [Car Fax](http://www.carfax.com/free_carfax_reports.cfx). [http://www.carfax.com/free\\_carfax\\_reports.cfx](http://www.carfax.com/free_carfax_reports.cfx)

## 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 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 (<http://www.ncdot.org/dmv/>) provides information on how to get a license and registration for your car.

The North Carolina Driver's License Examiner's 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 DMV Orange County License Plate Agency (where you pick up your license plates and submit driver registration information) is located in Chapel Hill at 1704 E Franklin St, (919) 942-4972. Or, you may go to the Vehicle and License Plate Renewal Office in Durham at 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 you can walk in, knowing there may be a wait.
- Study the driver's handbook before taking the test. The book is available at <http://www.ncdot.org/dmv>.
- To obtain a license, you must
  - a. Own a car, be listed as a driver on a car owned by a friend or relative, or have access to a "fleet" car (e.g., a car owned by a company or organization)
  - 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, <http://stevefrey.com/2010/07/30/north-carolina-dmv-drivers-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 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.***

## CAR INSURANCE

As noted above, you must minimally have 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 insurance companies that operate in North Carolina.

- Allstate: [www.allstate.com/auto-insurance.aspx](http://www.allstate.com/auto-insurance.aspx)
- Geico: [www.geico.com/](http://www.geico.com/)
- Erie: <http://auto.erieinsurance.com/Default.aspx>
- State Farm: [www.statefarm.com/](http://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/>

## Driver safety tips<sup>9</sup>

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 younger 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 U.S. standards and is appropriate for the child's weight and height. (For more information, visit [www.buckleupnc.org/laws.cfm](http://www.buckleupnc.org/laws.cfm).) North Carolina has launched a campaign called "Click it or Ticket" which includes periodic road checks to see if passengers are buckled in their seatbelts. Those who are not buckled are ticketed and may have to pay a fine.
2. **Watch for bicyclists at all times.** Bicycles are vehicles, too, and bicyclists may use 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 feet (about a meter) of

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<sup>9</sup> Text for this section is extracted directly from <http://www.walkinginfo.org>, <http://www.bicyclinginfo.org>, and <http://oiss.unc.edu/resources/transportation.html>.

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 cross 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.

**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 website <http://oisss.unc.edu/resources-2/transportation/> can provide more information on driving and getting a license or ID card. The Highway Safety Research Center also provides extensive information on transportation safety for all modes of traffic: [http://www.hsrb.unc.edu/safety\\_info/index.cfm](http://www.hsrb.unc.edu/safety_info/index.cfm).

### Drinking and Driving<sup>10</sup>

You may not lawfully drive a motor vehicle on any public highway, street or public 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 any 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 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 U.S., but less well-recognized is the issue of drinking and walking or biking. Alcohol plays a role in about half of all pedestrian

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<sup>10</sup> Text for this section is extracted directly from <http://studentlegalservices.web.unc.edu/legal-resources/legal-topics-index-2/alcohol/>

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>). Chapel Hill Transit also offers three free “Safe Ride” routes (G, J, and T) which run from 11 p.m. until 2:30 a.m. Tar Heel Taxi (919-933-1255, [www.tarheeltaxi.com](http://www.tarheeltaxi.com)) offers 24-hour service and usually costs less than \$15. When you go out at night, it is a good idea to bring a bus schedule or taxi service phone number with you – even if you don’t plan on drinking, it is good to be prepared.

**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 \(https://www.ncdps.gov/index2.cfm?a=000003,000014,000935,000940\)](https://www.ncdps.gov/index2.cfm?a=000003,000014,000935,000940) and [Think You Know North Carolina’s Open Container Law? \(http://nccriminallaw.sog.unc.edu/think-you-know-north-carolinas-open-container-law/\)](http://nccriminallaw.sog.unc.edu/think-you-know-north-carolinas-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/>

## LEGAL SERVICES<sup>11</sup>

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Carolina Student Legal Services Inc. is staffed by three licensed attorneys. They 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.

Carolina Student Legal Services offers advice for the following legal issues, including immigration law and taxes. For more information contact the office at (919) 962-1303 or [csls@unc.edu](mailto:csls@unc.edu).

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<sup>11</sup> Text for this section is extracted directly from: <http://studentlegalservices.web.unc.edu/>

- 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\*
- Marriage\*
- Medical Records
- Name Changes
- Noise Ordinance
- Polygraph Tests
- Power of Attorney
- Small Claims Court
- Stalking
- Student Groups
- Taxes (Individual's)
- Theft by Downloading (music / videos)
- Towing
- Traffic Infractions and Misdemeanors
- Tuition and Taxes
- Violence Prevention
- Warranties
- Wills\*

## **MONEY MATTERS**

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### **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 Sept. 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. 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 to 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 also can use your credit or debit card to get cash overseas.

### Local Banks and Credit Unions

<b>Bank of America</b> 851 Willow Dr. Chapel Hill, NC	<b>State Employees' Credit Union</b> 310 Pittsboro St. Chapel Hill, NC
<b>Bank of America</b> 137 E. Franklin St. Chapel Hill, NC	<b>State Employees' Credit Union</b> 100 Hwy. 54 W. Carrboro, NC 27510
<b>Bank of America</b> 104 East Main St. Carrboro, NC 27510	<b>RBC Bank</b> 101 E. Rosemary St. Chapel Hill, NC
<b>Suntrust Bank</b> 1414 Raleigh Rd. Chapel Hill, NC	<b>RBC Bank</b> 841 Willow Dr. Chapel Hill, NC
<b>Suntrust Bank</b> 121 W. Franklin St. Chapel Hill, NC	<b>First Citizens Bank</b> 1650 E. Franklin St. Chapel Hill, NC
<b>Wells Fargo Bank</b> 129 S Estes Dr Chapel Hill, NC	<b>Wells Fargo Bank</b> 165 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 traveling around the country and abroad. Be careful to read the contract before signing, especially regarding fees and penalties.

### RECREATION AND FITNESS

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## Walkfit Stations

The School of Public Health is pleased to offer two walking workstations. 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/>

## Culture of Health

The [Culture of Health Initiative](#) at 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, such as:

### Culture of Health Lunchtime Yoga

Mondays 12:30-1:00 PM & Fridays 12:15-12:45 PM

0003 Michael Hooker Research Center (below Atrium)

All members of the Gillings community are invited to participate! Please contact [mps3@email.unc.edu](mailto:mps3@email.unc.edu) with questions.

### Timed Walking Maps

Please visit [this link](#) for timed walking maps in and around Gillings, perfect for a quick break or walking meeting!

### Mindful Relaxation Mondays

In Spring 2016, the Culture of Health team at Gillings started offering weekly 30-minute mindful relaxation sessions. For the current location, day, and time of this event, please check the [events calendar](#) or the SPH Weekly E-News sent to students each Monday.

## On-Campus Recreation Facilities<sup>12</sup>

### Membership details:

Full-time students:

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.

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<sup>12</sup> Text from this section is extracted directly from the web site: <http://campusrec.unc.edu/>.

**Part-time students:**

Undergraduate and graduate students who are not enrolled in classes full-time can purchase a membership. The fee is \$75 per semester.

**Unenrolled students:**

During the summer only, undergraduate and graduate students who are not enrolled in classes may purchase a membership. Unenrolled students must have been enrolled during the previous Spring semester to purchase the summer membership. The prices are as follows:

- \$40 for the entire summer
- \$20 per summer session

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)
- 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)

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/intramural-sports> 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](http://www.chcymca.org)

### O2 Fitness – Carrboro

503 W. Main Street  
Carrboro, NC  
(919)-960-9910  
<http://www.o2fitnessclubs.com/>

### Ladies' Fitness & Wellness Center

1728 Fordham Blvd, #127 (Rams Plaza)  
Chapel Hill, NC 27514  
(919) 929-7474  
<https://locu.com/places/womens-only-workout-chapel-hill-us/#menu>

### 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

<http://www.townofchapelhill.org/town-hall/departments-services/parks-recreation/aquatics>

### Balanced Movement Studio

304 W. Weaver St, Suite 103A  
Carrboro, NC 27510  
(919) 942-0240  
[www.balanced-movement.com](http://www.balanced-movement.com)

### Planet Fitness

201 S Estes Dr #2004  
Chapel Hill, NC 27515  
(919) 240-7118  
[www.planetfitness.com/gyms/chapel-hill-nc-993](http://www.planetfitness.com/gyms/chapel-hill-nc-993)

## **SOCIAL AND CLASSROOM NORMS AND CUSTOMS**

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## Social Norms in the U.S.

The website [www.edupass.org/culture/](http://www.edupass.org/culture/) contains important information about social norms and expectations in the U.S. 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

International students with children need to understand that small children cannot be left alone, even for a short amount of time. Many UNC faculty members 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 child-care 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>

## ACADEMICS

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### Customs in the Classroom

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 participating 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 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. (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 (memorizing and repeating the same back) of material. At UNC Gillings School of Global Public Health, it is common to refer to professors by their first names since professors also are viewed as colleagues.

## Resources

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

### SPH Career Services<sup>13</sup>

[Career Services](#) offers key resources to help students and recent graduates develop and meet their career goals. Career Services are available to public health students and alumni through the [Office of Student Affairs](#). Additional support is available to students and recent graduates through [University Career Services](#) to help with all career development needs. University Career Services is located on the second floor of [Hanes Hall](#).

You can make an appointment for the following services:

- Career decision-making and assessments
- Resume/CV and cover letter critiques
- Interviewing
- Salary Negotiation
- Networking
- Job and internship search resources

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<sup>13</sup> Text from this section extracted directly from: <http://sph.unc.edu/students/career-services/>

## Academic Enrichment Program

Information about the [Academic Enrichment Program \(PDF\)](#) can be found by following this link and viewing the PDF. This program is specifically for helping students navigate entry-level biostatistics and epidemiology courses at Gillings.

## 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.

**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.

**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.

## **US English Pronunciation**

This course will provide instruction on the phonetics of American English and will allow for ample practice time in pairs with English native speakers and in small groups. Lessons will focus on segmental units such as vowels and consonants as well as suprasegmental units including syllables, stress, and pitch.

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: [writingcenter.unc.edu/esl/instruction/esl-mini-courses/](http://writingcenter.unc.edu/esl/instruction/esl-mini-courses/)

**Contact** Dr. Gigi Taylor, [vgtaylor@unc.edu](mailto: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.

### **Health Sciences Library**

<http://www.hsl.unc.edu/>

The librarians at the HSL 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, statistics, or to 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. Please stop by with questions or to introduce yourself.

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, chat online at <http://asklib.hsl.unc.edu/>. No question is too small. We are here to help!

### **Other resources**

Tutorials on how to use Sakai

[http://sakaitutorials.unc.edu/?How to ...||Students](http://sakaitutorials.unc.edu/?How_to_...||Students)

Sakai is a web-based collaborative work space that is used to provide information to students and classmates regarding class syllabi and schedules. It also contains areas for forums, posting materials, group messaging, etc.

SPH Student Resources

<http://sph.unc.edu/students/student-resources/>

Office of Student Affairs

<http://sph.unc.edu/students/office-of-student-affairs/>

The Dean's Blog

<http://mondaymorning.web.unc.edu/>

The University's Dean of Students

<https://deanofstudents.unc.edu/>

The Graduate School

<http://gradschool.unc.edu/>

Diversity Programs

<http://sph.unc.edu/resource-pages/diversity/>  
<http://diversity.unc.edu/>

Graduate Certificate Programs

[http://sph.unc.edu/gps/?rasp\\_st\\_level\\_tax%5B%5D=certificate](http://sph.unc.edu/gps/?rasp_st_level_tax%5B%5D=certificate)

Gillings School News and Events

<http://sph.unc.edu/comm/sph-news/>

The Learning Center

<http://learningcenter.unc.edu/>

Odom Institute for Research in Social Science

<http://www.odum.unc.edu/odum/home2.jsp>

UNC Office of Scholarships and Student Aid

<http://studentaid.unc.edu/>

University Career Services

<http://careers.unc.edu/>

Campus Health Services

<http://campushealth.unc.edu/>

Please refer to the section on Healthcare in the “Basics” section above.

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 departmental resources and research opportunities, contact information for faculty, student services and business managers, career services and employment links, an alumni directory, the School’s Gillings Global Gateway™ (including a section for international students), among other resources.

## **E-Newsletters**

### **Gillings School of Global Public Health Weekly E-News**

Gillings students are automatically subscribed to receive this newsletter every Monday. It includes information on SPH events, deadlines, recent news, and funding resources.

### **SPH-OSA Weekly**

The Office of Student Affairs also sends out a weekly e-newsletter on Mondays to which students are automatically subscribed. This newsletter includes announcements, funding opportunities, and job opportunities.

### **This Week in Global Health**

The Gillings Global Gateway publishes this e-newsletter that is sent out every Monday morning. It includes information about global health events on campus, locally, and globally, as well as job openings, funding, and internship opportunities. As a student at



Gillings, you will not be automatically subscribed to this newsletter. **To subscribe, please [click here](#).**

### Textbooks

1. The Bookshop 400 W. Franklin St., Chapel Hill (919) 942-5178
2. Nice Price Books (Books, records, tapes, magazines, CDs, videos)  
811 Broad St.(Durham) (919) 416-1066  
3106 Hillsborough St. (Raleigh) (919) 829-0230
3. Internationalist Books and Community Center 405 W. Franklin St. (Chapel Hill) (919) 942-1740

***Don't forget you can find the Booklist for your courses online before the semester even begins!***

- Go to <https://connectcarolina.unc.edu/> and sign in using your onyen.
- Click on the link "More Student Links" under Useful Links, and scroll down to "Buy Books from UNC Student Stores".
- Enter onyen and password for list of books needed and for access to Student Stores.

*Remember you can also buy books cheaply online:*

- [www.book.ly](http://www.book.ly) (Compares prices for books on different sites. Good for buying and renting)
- [Half.com](http://Half.com)
- [Amazon.com](http://Amazon.com)
- [Booksprice.com](http://Booksprice.com)
- [Bigwords.com](http://Bigwords.com)

### **Diversity**

To view the SPH's Diversity Statement, [click here](#).

### **Safezone Training**<sup>14</sup>

The LGBTQ Center sponsors a specialized Safe Zone training specifically geared towards graduate and professional students, instructors, postdocs, and faculty. Completion of this training will equip you with many of the concrete skills and resources you'll need to be an ally to students and colleagues of all sexual orientations, gender identities, and gender expressions. Please visit [this link](#) for more information on how to register.

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<sup>14</sup> Some text from this section was taken directly from: <https://lgbtq.unc.edu/programs-services/safe-zone>

## **Gender Neutral Restrooms**

There is a gender-neutral restroom located near 246 Rosenau, near where Rosenau connects to McGavran-Greenberg.

## **Meditation Room**

There will be a room open for students to meditate or pray in the FedEx building. More information to come.

## **Mother's (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](#).

## **Policies**

For information on course exemptions, SPH core courses, course registration, course-related forms and procedures, and school-wide forms and policies, please visit: <http://sph.unc.edu/students/academic-policies-and-support/>

## **Plagiarism**

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**

<http://writingcenter.unc.edu/>

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://writingcenter.unc.edu/handouts/plagiarism/>

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**

<http://www2.lib.unc.edu/instruct/plagiarism/>

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](https://studentconduct.unc.edu/)**  
<https://studentconduct.unc.edu/>

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](http://www.lib.ncsu.edu/)**  
<http://www.lib.ncsu.edu/>

N.C. State University Libraries Plagiarism Tutorial is designed to help students navigate the often-confusing rules, regulations and law regarding plagiarism in academic situations.

## **AROUND CAMPUS**

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### **Tips for successful students**

#### **Shifting interpersonal tasks<sup>15</sup>**

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.

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<sup>15</sup> Text from this section is extracted directly from Mary McKinny's web site: <http://www.successfulacademic.com/>.

## 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 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 is 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.

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

## Finding Mentors and Advisers

Having a relationship with a mentor or adviser 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 adviser in their area of interest, and students are encouraged to meet periodically to evaluate their progress and discuss concerns. In addition, students may build relationships with other faculty and staff members -- and employers – to gain valuable insights and guidance. It is generally expected that the student is responsible for taking steps to reach out to mentors and advisers and schedule meeting times.

The Gillings Global Alumni Mentors program is one way in which our public health alumni and friends volunteer to mentor current students and help build the next generation of global health leaders. *This program is only offered to current Gillings students.* See <http://sph.unc.edu/global-health/global-alumni-mentors/> to find a list of the current mentors.

In addition to meetings with advisers, 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.

## Student Organizations

For more information on UNC-affiliated clubs and organizations, visit the following web sites:

- Undergraduate Student Organizations: [http://global.unc.edu/index.php?option=com\\_content&view=article&id=16&Itemid=28](http://global.unc.edu/index.php?option=com_content&view=article&id=16&Itemid=28)
- Gillings School of Global Public Health student organizations: [http://sph.unc.edu/student\\_pages/get-involved/](http://sph.unc.edu/student_pages/get-involved/)
- First Generation Graduate Student Initiative: [https://www.facebook.com/firstgengrads/info/?tab=page\\_info](https://www.facebook.com/firstgengrads/info/?tab=page_info)
- International Friendship Program: [http://oiss.unc.edu/get\\_involved/friendship.html](http://oiss.unc.edu/get_involved/friendship.html)
- Conversation Partners: <http://internationalfriends.org/conversation-partners/>
- Undergraduate Student Organizations: [http://global.unc.edu/index.php?option=com\\_content&view=article&id=16&Itemid=28](http://global.unc.edu/index.php?option=com_content&view=article&id=16&Itemid=28)
- Graduate Student International Organizations: [http://global.unc.edu/index.php?option=com\\_content&view=article&id=8&Itemid=13](http://global.unc.edu/index.php?option=com_content&view=article&id=8&Itemid=13)
- International Coffee Hour: <http://cgi.unc.edu/programs/international-coffee-hour>

## Friendship and Dating Culture

Many international students are already in a relationship or are quite familiar with U.S. dating customs, but for others, the differences between customs in the U.S. and their home country can be confusing and somewhat daunting. The section below offers some perspectives that may help with navigating the world of cross-cultural friendships and dating and avoiding misunderstandings.

- Friendships between members of the opposite sex are common in the U.S., as are same-sex friendships.
- Such friendships are a good way to learn about other people and their interests and to avoid being lonely. Many Americans will be curious about your experiences and may ask questions to get to know you in a friendly way. **This does not necessarily mean that they are interested in dating you.** Miscommunications have arisen as a result of friendliness being misinterpreted as romantic interest.
- Keep an open mind and remember that (most) people are well intentioned- this will help you to avoid feeling hurt or angered quickly.
  - For example, if you (as an international student) are trying to show interest in becoming friends with or dating an American student but he/she does not respond in an encouraging way, remember that he/she may not be

reading your clues as signaling interest, but rather as a friendly classmate. Instead of feeling like this person is brushing you off or disinterested, push yourself to approach the person and ask if he/she would be interested in sitting down for some coffee after class some time to talk about school and American culture. By getting this person to sit down and focus their attention on you, you will begin to get a better sense of who they are and if they are interested in spending more time with you. While being open and talkative may feel uncomfortable at first (especially with someone of another gender), it will bring you more friendships and deeper relationships.

- Dating is a process during which people engage socially with someone they find interesting or attractive. Two people may go on a date alone – for instance, to a movie, concert, or meal – or they may travel together to a group activity such as a party or concert.
- A date is an opportunity to get to know someone better and have a good time without the obligation of any sort of future commitment.
- In the U.S., taking time to get to know and love someone occurs before marriage, whereas in many places that happens after marriage.
- When a person accepts your offer to go out on a date, it is not an agreement to be your exclusive partner or to have a sexual relationship with you. If a person politely declines your offer, it is alright to ask again on another occasion. If the person declines your second offer, it is usually best to move on.
- It is common in the U.S. that first or second dates happen with other friends in a group setting, and sometimes a person may be dating more than one person initially.
- Keep communications open about what you want from the relationship, and listen to what your date wants.
- Heterosexual, Lesbian, Gay, Bisexual and polyamorous relationships are a part of U.S. culture, so you may encounter people with sexual orientations different than your own. Acceptance of non-heterosexual relationships varies depending on the establishment or area, so do make sure to stay informed about the culture of the places you frequent.
- Public displays of affection vary greatly between couples, but it is not uncommon for people in relationships in the U.S. to display their affection publicly by kissing or touching, if both of them are comfortable with this. Depending on the location and/or genders of the parties involved, this may be more or less accepted.
- Friends and family members in the U.S. may hug or kiss on the cheek when they meet. This is considered an acceptable part of a warm relationship and does not necessarily indicate a sexual relationship or interest.
- Some students use online dating services. Although meeting online can result in workable relationships, take steps to make sure such meetings are safe. Communicate first by email and phone, without revealing too much about where you live or work or what your daily habits are. Schedule the first meeting at a public place and don't bring the date to your home until you develop a sense of trust.
- It is illegal in North Carolina to have sex with a young person under the

- age of 16.
- There are several useful UNC trainings that you can attend, including [One Act](#), [Safe Zone](#), or [Haven](#).

## Safety Issues

The Chapel Hill Police have developed this useful set of personal safety tips, including important emergency phone numbers. Please take a few minutes to read these tips: <http://www.dps.unc.edu/Police/crimeprevention/securitytips/personalsafetytips.cfm>

UNC also has some tips for campus residential security. <http://www.dps.unc.edu/Police/crimeprevention/securitytips/residentialsafetytips.cfm>.

For students living on campus, the SAFE Escort service provides escorts (for solo students only) on the main campus during the semester from 7pm to 1 am, Sunday through Thursday. Call 962-SAFE (962-7233) to arrange for an escort to meet you at your campus building or stop by the SAFE Escort desk in Davis Library.

You should also be aware of important definitions, policies and laws regarding sexual harassment and assault:

- **Sexual harassment** is defined as: bullying or coercion of a sexual nature, or the unwelcome or inappropriate promise of rewards in exchange for sexual favors.
- **Sexual assault** is any involuntary sexual act in which a person is threatened, coerced, or forced to engage against their will, or any sexual touching of a person who has not consented.
- Sexual harassment and assault are serious charges. When your date says no to sex, you must assume they are **not interested** in pursuing sexual activity. Many such misunderstandings occur when judgment becomes clouded after drinking too much alcohol.

Please review important UNC policies about sexual conduct:

- The Policy on Prohibited Harassment, including Sexual Misconduct and Discrimination: <http://sexualassaultanddiscriminationpolicy.unc.edu/>
- The Preventing Sexual Harassment training module offered by the Equal Opportunity Office: <http://training.newmedialearning.com/psh/uncchapelhill/index.htm>.
- The Improper Relationships between Students and Employees policy: <http://hr.unc.edu/policies-procedures-systems/spa-employee-policies/employee-relations/improper-relationships-between-students-and-employees/>.



## BEYOND CAMPUS

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### History of the Region<sup>16</sup>

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](#).

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 (<http://www.chapelhillmuseum.org/>). 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)
- <http://www.southfest.com/> (Guide to Southern Festivals)

### 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

Chapel Hill, NC 27516

**Breadmen's**  
324 W Rosemary St

**Crooks Corner**  
610 West Franklin Street  
Chapel Hill, NC  
(919) 929-7643

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<sup>16</sup> Some of the text for this section is extracted directly from the web site:  
[http://en.wikipedia.org/wiki/History\\_of\\_North\\_Carolina](http://en.wikipedia.org/wiki/History_of_North_Carolina).

**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

**Carolina Brewery**

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

**Sunrise Biscuit Kitchen**

1305 E. Franklin St.  
Chapel Hill, NC 27514

**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.visit Chapel Hill.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  
(919) 929-9988 or (919) 929-9971

**Fuse**

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

**Gourmet Kingdom Chinese**

301 East Main St (Downtown)  
Carrboro, NC 27510  
(919) 932-7222

**Hong Kong Chinese**

602-R Jones Ferry Rd (Willow Creek)  
Carrboro, NC 27510

(919) 942-0850

**Hunan Chinese Restaurant**

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

**Jade Palace Chinese & Seafood**

103 East Main St (Downtown)  
Carrboro, NC 27510  
(919) 942-0006

**Jujube Restaurant**

1201 Raleigh Rd (Glen Lennox)  
Chapel Hill, NC 27514  
(919) 960-0555

**Lantern Restaurant**

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

**Lime & Basil Vietnamese**

200 West Franklin St (The Pavilion)  
Chapel Hill, NC 27516  
(919) 967-5055

**Merlion Restaurant**

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

**Ming Garden**

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

**Oriental Garden Chinese & Thai**

503 West Rosemary St (Downtown)  
Chapel Hill, NC 27516

(919) 967-8818

**Penang Malaysian & Thai**

431 West Franklin St (The Courtyard)  
Chapel Hill, NC 27516  
(919) 933-2288

**Red Lotus Asian Kitchen & Bar**

239 South Elliott Rd (Village Plaza)  
Chapel Hill, NC 27514  
(919) 968-7778

**Thai Palace**

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

**Thirty-Five (35) Chinese**

143 West Franklin St (University  
Square)  
Chapel Hill, NC 27516  
(919) 968-3488

**Mexican and Latin American****Armadillo Grill**

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

**Carrburritos Taqueria**

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

**Chipotle's Mexican Grill**

301 West Franklin St (Downtown)  
Chapel Hill, NC 27516  
(919) 942-2091

**Cosmic Cantina**

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

**Fiesta Grill**

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

**Flying Burrito**

746 Martin Luther King Jr. Blvd  
(Midtown Market)  
Chapel Hill, NC 27514  
(919) 967-7744

**La Hacienda**

1813 Durham-Chapel Hill Blvd  
Chapel Hill, NC 27514  
(919) 967-0207

**Los Potrillos**

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

**Torero's Mexican Cuisine**

104 NC Highway 54 W (Carrboro Plaza)  
Carrboro, NC 27510  
(919) 960-7640

**Los Tres Amigos**

109 West Main St (Downtown)  
Carrboro, NC 27510  
(919) 967-1654

**Japanese and Sushi**

**Akai Hana Japanese**

206 West Main St (Downtown)  
Carrboro, NC 27510  
(919) 942-6848

**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

**Oishii Japanese Restaurant & Sushi  
Bar**

1129-M Weaver Dairy Rd (Timberline)  
Chapel Hill, NC 27514  
(919) 932-7002

**Japan Express**

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

**Kurama Sushi & Noodle Express**

105 North Columbia St (Downtown)  
Chapel Hill, NC 27516  
(919) 968-4747

**Sushi Nikko**

104 NC-54 Carrboro, NC 27510  
(919) 240-5046

**Sakura Express**

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

**Sushi-Yoshi Japanese**

116 Old Durham Rd  
Chapel Hill, NC 27514  
(919) 933-1

**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) 838-85

### Middle Eastern and Indian

#### **Cafe Parvaneh**

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

#### **Mint Restaurant**

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

#### **India Palace**

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

#### **Sage Cafe (The)**

1129 Weaver Dairy Rd (Timberlyne)  
Chapel Hill, NC 27514  
(919) 968-9266

#### **Mediterranean Deli**

410 W Franklin St  
Chapel Hill, NC 27516  
(919) 967-2666

#### **Tandoor Indian**

1301 East Franklin St  
Chapel Hill, NC 27514  
(919) 967-662

### Italian

#### **411 West**

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

#### **Pizzeria Mercato**

408 Weaver St, Carrboro NC 27510  
(919) 967-2277

### **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/>

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

Durham Bulls Baseball Team (Durham)

<http://www.dbulls.com/>

Carolina Hurricanes National Hockey League Team (Raleigh)

<http://hurricanes.nhl.com/index.html>

Carolina Panthers National Football League Team (Charlotte)

<http://www.panthers.com/>

## Bowling

Two of the nearest bowling alleys include:

The Mardi Gras Bowling Center  
6118 Farrington Road  
Chapel Hill, NC 27517  
(919) 489-1230  
<http://www.mardigrasbowling.com/>

Durham Lanes Bowling Center  
4508 Durham-Chapel Hill Blvd.  
Durham, NC 27707  
(919) 489-9154  
<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/news/>

## 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.

Larger concert venues in the Triangle include Koka Booth Amphitheater in Cary (<http://www.boothamphitheatre.com/>), the RBC Center in Raleigh (<http://www.rbccenter.com/>), and the Music Pavilion at Walnut Creek (<http://www.livenation.com/venues/14476/walnut-creek-amphitheatre>).

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

- Weaver Street Market (Thursday evening and Sunday mornings, <http://www.carrboro.com/wsmjazz.html>)
- Caffe Triade (see their music calendar: (<http://caffetriade.com/music>)
- Carolina Inn Fridays on the Front Porch (<http://www.carolinainn.com/hotel-events/chapel-hill-event-calendar.php>)
- Southern Village Summer Music Series (<http://www.southernvillage.com/sunday-music-series/>)
- WUNC Backporch Music Concert Series at the American Tobacco Complex in Durham (<http://wunc.org/term/back-porch-music>)
- Pittsboro Road House General Store Live Music (<http://pittsbororoadhouse.com/calendar/>)

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

## Theaters

Playmakers Repertory Company (Chapel Hill, NC) – The professional theatre in residence at UNC Chapel Hill.

<https://www.playmakersrep.org/>

DPAC- Durham Performing Arts Center (Durham, NC) – Features entertainment events such as Broadway shows, comedy, and concerts.

<http://www.dpacnc.com/>

## Museums/Zoo

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

<http://www.chapelhillmuseum.org/>

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

<http://www.ackland.org/index.php>

Nasher Museum of Art (Durham, NC) – Duke University's Art museum

<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.visitnc.com/listing/african-american-cultural-complex>

North Carolina Museum of Art (Raleigh, NC)

<http://www.ncartmuseum.org/>

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

<http://www.ncmls.org/>

North Carolina Museum of History (Raleigh, NC)

<http://ncmuseumofhistory.org/>

North Carolina Museum of Natural Sciences (Raleigh, NC)

<http://naturalsciences.org/>

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://ncfestivals.com/>

Bimbe Cultural Arts Festival

<http://durhamnc.gov/ich/op/prd/Pages/Bimb%C3%A9-Cultural-Arts-Festival.aspx>

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://ncseafoodfestival.org/>

World Beer Festival (April, in Raleigh; October, in Durham)

<http://allaboutbeer.com/craft-beer-events/>

LEAF: Lake Eden Arts Festival (May and October in Black Mountain, NC)

<http://www.theleaf.com/>

## 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 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://townofchapelhill.org/town-hall/departments-services/parks-recreation/facilities-greenways-parks/>. 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.

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*Comments and improvements are welcome! Naya Villarreal at [nayavill@email.unc.edu](mailto:nayavill@email.unc.edu).*

### **This guide is a complement to:**

1. Graduate and Professional Student Federation Resource Guide  
<http://gpsf.unc.edu/student-resources/gpsf-resource-guide/#toc-Section-7>
2. International Students and Scholars Services  
<http://oiss.unc.edu/resources-2/>

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