Introduction

This booklet will provide you with information not available from more traditional University sources. It should give you an insider's view to how the rules and regulations really work and also provide some helpful hints about life in the United States, in Greensboro, and at UNCG.

It is our hope that you will find your experience here at UNCG both rewarding and enjoyable. Greensboro and the surrounding areas have much to offer and we encourage you to get involved and to see as much as you can during your visit.

Many of your questions will be answered here but if you have any concerns that are not addressed within, please contact:

INTERNATIONAL PROGRAMS CENTER
207 FOUST BUILDING, PO BOX 26170
UNC GREENSBORO
GREENSBORO, NC 27402-6170
TEL: (336) 334-5404 Fax: (336) 334-5406
Email: saein@uncg.edu
WEB: www.uncg.edu/ipg
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REGISTRATION
AND
ACADEMIC LIFE
Upon your acceptance to UNCG, you will be in contact with the Incoming Exchange Coordinator to help you get preregistered for courses. Upon your arrival to UNCG during orientation week, you will find out what classes we have been able to pre-register you for, and how to add or drop more classes to have a full schedule before classes start. Full-time undergraduate students (students in their first four years of university) must take at least 12 hours of classes. Most students take an average of four or five classes (12-15 hours) although one can take as many as six classes (18 hours). Full-time graduate students (students studying for advanced degrees) usually take at least nine hours of graduate level courses (MBA courses may be in shorter modules). Graduate students need at least a minimum of 9 credit hours to be full time.

### Terminology

Here are some general terms that may be helpful in navigating the educational system at UNCG:

<table>
<thead>
<tr>
<th>Term</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>“Class or Course”</strong></td>
<td>These words are used interchangeably to mean a group of students meeting with an instructor to learn about a certain subject.</td>
</tr>
<tr>
<td><strong>“Credit Hour”</strong></td>
<td>Credit hours are used to measure the amount of time spent in class and in preparation for class. Undergraduate students are expected to spend two hours in preparation for every one hour of class time. So, if you are taking twelve hours, be prepared to spend 24 hours a week studying. Graduate students should spend at least four hours a week in preparation for every one class hour.</td>
</tr>
<tr>
<td><strong>“Prerequisite”</strong></td>
<td>This term is used to describe a class that requires prior knowledge of the subject in order to register for the class. Usually there are a series of classes that are required to be taken before a student can take this class. It is possible for international students to take a class with a prerequisite, however, the student and the International Exchange Coordinator will need to speak with the professor of the course after the student has arrived at UNCG.</td>
</tr>
<tr>
<td><strong>“To Register”</strong></td>
<td>This term is used to describe the process of choosing and signing up for classes, which takes place at the beginning of each semester.</td>
</tr>
</tbody>
</table>
### “Degree”
An area of study with prescribed requirements, resulting in a certification. The most common is a Bachelor degree (undergraduate degree).

### “Faculty”
This is the collective group of professors that teach classes at the university level.

### “College”
At UNCG, the term “college” is used to designate a division of the university where studies are focused in a particular area. For example the College of Arts & Sciences offers classes in the humanities, arts, mathematics, and sciences.

This term is also used by many people to signify a person’s enrollment at a university (examples: Julia is a college student; Thomas is in college).

### “Syllabus”
This is the name of the class outline that faculty give to students on the first day of class. It will most often include the name of your professor, contact information, schedule of readings and assignments, grading policies, and other important information. Typically, classes are for three hours a week divided into three one-hour classes on Monday, Wednesday, and Friday; or two one-and-a-half hour classes on Tuesday and Thursday.

### Email Activation
Every student at UNCG must activate the assigned UNCG email address upon arrival to the campus. At American universities we use our email for official correspondence, and most of our class information is spread through email. The university and faculty will expect you to be on the lookout for emails related to your studies and courses, and you may even be expected to turn in assignments via email. The UNCG email system, called iSpartan, is web-based and very user friendly. You cannot forward your iSpartan email to an outside address. Activation Instructions are included in your acceptance packet from UNCG.

### Fees & Billing
The University Cashier’s office will bill you for housing, insurance, telephone, meal plan, etc. Payments can be made online or through the mail.

Online: Payments can be made online through UNCGenie either by an electronic withdrawal from a checking or savings account, called an e-check (there is no charge for this transaction) or by certain credit/debit cards (there is a 2.75% transaction fee charged).

Mail: Payments sent to the University must be payable in U.S. dollars, by means of a check drawn on a U.S. bank, U.S. Postal Order, or a cashier’s check drawn on a U.S. bank. Checks can be mailed to:

151 Mossman Building
1202 Spring Garden Street
Greensboro NC 27412
# Academic Advising and Selection of Courses

## To Browse Classes Online

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Click on UNCGenie on the top right hand corner of the UNCG Home Page (<a href="http://www.uncg.edu">http://www.uncg.edu</a>)</td>
</tr>
<tr>
<td>2</td>
<td>Click on the link that says “Class Schedule” (in the middle of the page)</td>
</tr>
<tr>
<td>3</td>
<td>Select the term that you will be at UNCG (Fall/ Spring), and then select the subject that you are studying</td>
</tr>
<tr>
<td>4</td>
<td>You will be able to see the times of the classes in the subject and in which building the classes will meet</td>
</tr>
<tr>
<td>5</td>
<td>In selecting courses, be sure to pay special attention to whether individual courses have prerequisite course requirements or restrictions. You will be in contact with the Incoming Exchange Coordinator to help you get preregistered for classes prior to your arrival. Please note that some courses have prerequisites and you may not be able to register for some courses until you arrive on campus and speak with the professors for those courses. During Orientation Week, there will be a session on advising/course registration and you will be given the resources to complete your schedule.</td>
</tr>
</tbody>
</table>
# How to Register

UNCG offers two ways to register for courses: online or in person at the Registrar's Office located in the Mossman Building. You will need your student I.D. number, your PIN number, and your advising code to register online. You will not have online access to register for classes until you arrive on campus. You will have to use the in person option with the Drop/Add slip only when you need special permission for courses. You must also activate your UNCG student accounts such as email prior to registering for courses. For detailed instructions on how to complete your registration, please consult either a Schedule of Courses booklet or detailed information available to you from the UNCGenie web home page at: [www.uncg.edu](http://www.uncg.edu). Computers with access to UNCGenie are located all over campus, although most students go to the computer Superlab, which is located in the Jackson Library. If you still have questions about any aspect of registration, please don't hesitate to ask for help from the IPC staff or a PAL.

## If you are an undergraduate student:

If you sent course requests in advance of your arrival to IPC, our staff should have already registered you for available courses. Please look over your class schedule on UNCGenie to determine if you wish to make any additional schedule changes. If you wish to make some changes, you will need to complete “Drop/Add” procedures (see below).

If you did not send a course request list in advance to IPC, or if the IPC staff was unable to secure your courses for you, you will need to register according to normal UNCG registration procedures and as instructed by IPC staff during orientation.

If you are an undergraduate student studying in the Bryan School of Business and Economics, you will receive assistance with advising and registration from the staff of the Bryan School’s Advising Center, Bryan Building, Room 232, Telephone 334-4484.

## If you are a Graduate student:

You are not required to have an advisor's approval for course selections; however, it is strongly recommended that you consult your department or faculty advisors to determine that you have an appropriate schedule.
# Drop/Add and Schedule Adjustment

For a period of approximately one week you will have the opportunity to add and drop courses as you like. We call this schedule adjustment (or "Drop/Add" for short). This is a normal part of registration at an American university. Please keep in mind that you absolutely must finalize your schedule by the last day of schedule adjustment. Remember that as an international student you must be registered for a "full time load" (at least twelve hours for Undergraduates and six hours for Graduates).

You must consult with IPC prior to enrolling less than full-time to assure enrollment meets USCIS regulatory requirements and to ensure that authorization for the less than full-time enrollment is registered with USCIS. (See page 27 for clarification.)

UNCG offers two ways to Drop/Add: the web or in person (Registrar's Office, Mossman Building). You will need your student I.D. number, your advising code, and your PIN number. For detailed instructions on "Drop/Add," please consult either a Schedule of Courses booklet or detailed information available to you from the UNC Genie web home page at: [www.uncg.edu/](http://www.uncg.edu/).

### What if a course is closed or is restricted?

Often you will find that a particular class that you are interested in is either "closed" or "restricted". You have two choices: You can either choose another class, or you may attempt to get into a closed or restricted class. Many times, with a little effort on your part, you will be successful in getting into these classes.

### How do you get into a closed or restricted class?

Fill out a Drop/ Add form. This form can be picked up from the Registrar in the Mossman Building.

Take this form to the professor and explain the reasons that you would like to take the class. Also mention to them that you are an international student as many professors like to have diversity in their classrooms, and so should be willing to admit you into the class.

Ask the professor to sign the Drop/ Add form.

Once the form is completed, take it back to the Registrar’s office (located in Mossman Building).

If you cannot find the instructor, you can attend class the first day as if you were registered. At the end of the class, you should introduce yourself to the instructor and express your interest in taking the course. If the professor approves your entry into the class, you will need him or her to sign the Drop/Add form. Next, you should take the form to the Registrar's Office in Mossman Building to be manually added to the course. Ultimately, it is up to the instructor whether you will be let into the course.
Academic Life

Most international students find academic life in the U.S. to be different from their home countries. A typical U.S. course will have three tests (including a mid-term and final) and at least one paper. This can be good and bad; it gives you more chances at increasing your grade in the class, however, it also means that you may have more day-to-day studying for your classes.

Class Structure

Informality

International students are often surprised by the informality of the American classroom. Open discussion and critical questions are encouraged by most professors. Students dress very casually; t-shirts, shorts, and sweatshirts are all common.

Class participation

Actively participating in discussions and questioning the professor is usually encouraged and is often included as part of your class grade. Homework is often assigned for each lesson and will usually consist of readings. Readings for each class are usually assigned by the week (25-100 pages) and must be done in order to participate in class discussions.

Quizzes, tests, and short papers

These are frequently given in most undergraduate classes. Test questions are usually taken from both the readings and class notes. Tests can be organized in several ways; and the professor should tell you what to expect. Most tests are either in multiple choice or essay formats. "Bluebooks" may be purchased for a minimal price at the UNCG bookstore. It is not unusual to have some form of graded work every week for each class. Reading assignments are also given in most classes each week. It is rare to have an undergraduate class graded solely on one or two exams.

Requirements and grading system

This will usually be explained for each class by the professor during the first class meeting and on the class syllabus. The final course grade may include class participation, attendance, tests, quizzes, papers, and a final examination. Be sure that you understand how your grade will be determined; if you are not sure, ask your professor.
UNCG offers some academic assistance on campus for students. The table below gives more information about the type of assistance available to students on campus. All of the services are **FREE** to students.

<table>
<thead>
<tr>
<th>NAME</th>
<th>LOCATION</th>
<th>SERVICES OFFERED</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning Assistance Center</td>
<td>McIver Building 104</td>
<td>Academic tutoring (individual and small groups) Academic Skills</td>
<td>Monday-Friday:8:00am-5:00pm</td>
</tr>
<tr>
<td>(336- 334-3878)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Writing Center</td>
<td>MHRA Building 3211</td>
<td>Writing papers</td>
<td>Monday-Thursday:9:00am-8:00pm</td>
</tr>
<tr>
<td>(336- 334-3125)</td>
<td></td>
<td></td>
<td>Friday: 9:00am- 3:00pm</td>
</tr>
<tr>
<td>INTERLINK Language Center</td>
<td>Foust Building (bottom of the building)</td>
<td>For non-native speakers of English Nine week intensive English course ($2, 900)</td>
<td></td>
</tr>
<tr>
<td>(336- 334-4700)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>University Speaking Center</td>
<td>MHRA Building 3211</td>
<td>Public speaking Giving presentations (individual help)</td>
<td>Monday- Wednesday: 10:00am- 8:00pm</td>
</tr>
<tr>
<td>(336- 256-1346)</td>
<td></td>
<td></td>
<td>Thursday: 10:00am- 6:00pm</td>
</tr>
<tr>
<td>(336- 334-5454)</td>
<td></td>
<td></td>
<td>Friday: 9:00am- 12:00pm</td>
</tr>
<tr>
<td>Career Services Center</td>
<td>EUC #1 (bottom of the building, beside Subway)</td>
<td>Creating resumes Searching for jobs and internships</td>
<td>Monday- Friday: 8:00am-5:00pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Drop In Hours: 10:00am- 5:00pm</td>
</tr>
</tbody>
</table>
If you still find yourself having trouble in a class, you can stop by the departmental office of the class for names of students willing to tutor privately or use the FREE services of the Student Success Center located in McIver building. Tutors charge $7-$10 per hour. Get to know the students in your classes as oftentimes they will organize study sessions for a class. These can be good opportunities to get missed class notes, and the American students will know more about what to expect on the exams.

<table>
<thead>
<tr>
<th>Books</th>
</tr>
</thead>
<tbody>
<tr>
<td>You may purchase your textbooks anywhere you like, but we recommend using the UNCG bookstore. Books can be quite expensive, so you may choose to shop at several online bookstores to find the best price, or buy some used books rather than new ones. The UNCG bookstore also offers rental books as well as online books (ebooks). At the end of the semester, you may sell the books you buy back to the UNCG bookstore, but do not expect to get the full price for used books.</td>
</tr>
<tr>
<td>Other places to search for books:</td>
</tr>
<tr>
<td>amazon.com</td>
</tr>
<tr>
<td>chegg.com</td>
</tr>
<tr>
<td>half.com</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Academic Integrity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academic Integrity issues are of great consequence and can cause a student to be asked to leave school if the offense is severe. Please consult the UNCG calendar/handbook to be aware of policies and issues related to UNCG’s academic conduct and honor code. You may also visit this site for more information: <a href="http://sa.uncg.edu/handbook/academic-integrity-policy/">http://sa.uncg.edu/handbook/academic-integrity-policy/</a>.</td>
</tr>
</tbody>
</table>
COMMUNICATION
### Telephone & Communication

#### Cell Phone/ Mobile Phone

Some exchange students choose to use their cell phone from their home country (if able), while others buy a U.S. cell phone. Many U.S. cell phone companies require a 2-year contract for a standard cell phone. Popular cell phone companies include: AT&T, Sprint, Verizon, T-Mobile, and Cricket. Many major retail stores also offer pre-paid and pay-as-you-go mobile phones, allowing you to buy an inexpensive phone and purchase minutes of call time as needed. Large retail stores, such as Target and Walmart, offer pre-paid phones with companies such as Motorola, T-Mobile, and Virgin Mobile. Text messaging is also popular in the U.S., but there may be limits or charges involved. Refer to the cell phone company or service provider to learn more.

#### Skype

Skype is one of the most popular ways that exchange students communicate with friends and family around the world. At their website, [http://www.skype.com/](http://www.skype.com/), you can download the software, which lets you communicate through computer and internet connections. With this program you can communicate with other users for free, as well as find very good rates on national and international calling.
TRANSPORTATION
# Transportation

## General Information
One of the first things that you will discover upon your arrival in the U.S. is that we do not have an extensive public transportation system like the one you might have in your home country. Getting around town and traveling to other areas requires some extra planning.

## Etiquette for Riding with Friends
The cheapest way to get around the city is to become friends with Americans who have cars. Everybody has to go to the grocery store and do other small errands, so most people will probably not mind giving you a lift when they go. However, before jumping into a friend's car, there are a few little rules of which you should be aware.

*Even when someone has offered to take you somewhere without you asking, you may still be expected to contribute to gas expenses.* You should make it clear from the beginning of the trip that you are willing to contribute to these expenses. Usually a dollar or two is enough for a short trip. Or, if you are continually riding with one person, you may want to offer to fill up their tank one day. The drivers are probably not going to accept money from you for every ride, but it is always polite to make the offer.

## Bicycling
Cycling in the U.S. is very different from other nations. Bicycles are mostly used for recreation. However, cycling is a cheap, healthy, and fun way to get around town as long as you know the rules. Cyclists must follow ALL traffic regulations issued by North Carolina. Also, remember that most American drivers are not used to seeing cyclists on the roads, so be careful. Wear bright clothing as well as a helmet. You are required by law to use lights when traveling at night. You should know that cycling is not allowed on most highways and is never allowed on the interstates. To purchase a used bicycle, you can check the advertisements on craigslist.com. New bicycles can also be purchased (as low as $100) through “superstores” such as Walmart and Target.

## Taxis
Taxis are generally the most expensive way to travel within the city, however, they can be cheap if you travel with a group and split the cost of the taxi ride. Sometimes taxi service is slow because taxis can become quite busy, and thus, waiting for a taxi can last up to an hour. If you use a taxi service, be sure to call ahead and pre-order one. There are several taxi services in Greensboro; check the Yellow Pages of the phone book for listings.

<table>
<thead>
<tr>
<th>Public Buses</th>
<th>Website</th>
<th>Route/Details</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>HEAT</td>
<td><a href="http://www.rideheat.com">http://www.rideheat.com</a></td>
<td>Transportation to downtown Greensboro and other colleges and universities in the city</td>
<td>FREE to UNCG students</td>
</tr>
<tr>
<td>(Higher Education Area Transit)</td>
<td></td>
<td></td>
<td>ALL students need to use their UNCG FirstCard to access this service</td>
</tr>
<tr>
<td>GTA</td>
<td>(336) 332-6449</td>
<td>Transportation to UNCG, downtown, and major shopping areas in Greensboro</td>
<td>FREE to UNCG students who have the UNCG First Card</td>
</tr>
<tr>
<td>(Greensboro Transit Authority)</td>
<td><a href="http://www.greensboro-nc.gov/Departments/GDOT/divisions/gta/routes/">http://www.greensboro-nc.gov/Departments/GDOT/divisions/gta/routes/</a></td>
<td></td>
<td>1 month pass- $50</td>
</tr>
<tr>
<td></td>
<td>**Bus schedules can also be found at the information desk in the Elliott University Center (EUC) or IPC</td>
<td></td>
<td><strong>Super pass- $85</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Individual ride- $1.30</td>
</tr>
</tbody>
</table>

It is important to remember that the bus system in Greensboro is generally less reliable than in larger American cities or in other parts of the world where the population depends heavily on public transportation. In Greensboro, the buses only run from and to major areas of commerce and are infrequent. Thus, if you are living off campus and relying on this system to get to and from the University, you need to give yourself plenty of extra time. Buses run from UNCG and Tate Street to most major shopping areas.
## Buying A Car

In the United States, a car is the most popular form of transportation. However, most international students find it possible to travel without a car. If you are considering this option, talk to other international students and see if two or three of you would like to purchase one together. This will greatly reduce the total cost to each person.

A reliable used car can cost anywhere from $2,000 to $8,000. Besides the purchase price, you are required to buy insurance to drive in North Carolina. Call the insurance agents listed in the Yellow Pages of the phone book to get the best rate. Depending on your situation and driving record, insurance can cost anywhere from $200 to $1,000 per six month period. Additional expenses will include gasoline, any maintenance or repairs, tax, and title/licensing fees (about $150).

Buying a car can be a risky operation. Be sure that the seller has a valid title (proves ownership) to the car in his or her name. Be sure to have a qualified mechanic look over the car before you sign anything or give the seller any money. Most mechanics will do this for a small fee ($50-$75). You should be aware that North Carolina has something called "lemon laws" which protect consumers when purchasing a car. If you have bought a car and it is in such disrepair that you cannot drive it or if it will cost you a lot of money to fix, you can still get your money back even if you signed an "as is" agreement.

## Driver’s License

In order to drive in North Carolina, you will need your driver’s license (written documentation with accompanying picture) from your home country. As a visiting student, you may not be permitted to possess a North Carolina driver’s license. It is recommended that you obtain an international driver’s license in English from your home country to carry with your normal drivers license. Please see the following website for more information from the NC DMV about Driving in North Carolina. Please use it for your reference: [http://www.ncdot.gov/dmv/driver_services/drivershandbook/download/NCDL_English.pdf](http://www.ncdot.gov/dmv/driver_services/drivershandbook/download/NCDL_English.pdf)
## Traveling Outside Greensboro

### Buses
Bus service to other cities is offered by Greyhound, Inc. (telephone: 336-272-8950 or 1-800-231-2222), and the terminal is located at 234-A East Washington Street. Although it is probably the cheapest way to travel besides the use of a personal car, you need to ask about travel times, as a trip that is a short time by car can take much longer by bus. Also, bus terminals can be dangerous, especially at night, so use caution when traveling this way. For further information, please visit the Greyhound website at [www.greyhound.com](http://www.greyhound.com).

### Trains
Train service to other cities is offered by Amtrak (1-800-872-7245 or 336-855-3382). The passenger station is located at 236 East Washington Street. Although a bit more expensive than buses, the train is more comfortable. Taking a train is also a great way to see the countryside. Reservations may be required. Visit the Amtrak website at [www.amtrak.com](http://www.amtrak.com).

### Airplanes
Air travel within the U.S. is widely available. It is best to make plane reservations in advance. The internet is an excellent source in helping you to find cheap airline tickets; some great websites are:

- [www.kayak.com](http://www.kayak.com)
- [www.hotwire.com](http://www.hotwire.com)
- [www.cheaptickets.com](http://www.cheaptickets.com)
- [www.expedia.com](http://www.expedia.com)
- [www.studentuniverse.com](http://www.studentuniverse.com)
Renting a car is a great way to travel across America with friends. The age requirement for renting a car in North Carolina is 21 years of age or older, and in some cases, 25 years of age. The Piedmont Triad International Airport (PTI) has a wide variety of rental car agencies that offer cheap and competitive rates. The internet is also a good source for finding cheap rental cars. Closer to campus is Enterprise Rent-A-Car (336-275-1299), which is located at 501 W. Lee Street. You can check the availability of rental cars at www.enterprise.com.

<table>
<thead>
<tr>
<th>Destination</th>
<th>Travel Time By Car/Bus/Train</th>
<th>Travel Time By Plane</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wilmington, NC</td>
<td>2 Hours</td>
<td>NA</td>
</tr>
<tr>
<td>(North Carolina Beaches)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Charlotte, NC</td>
<td>3 Hours</td>
<td>NA</td>
</tr>
<tr>
<td>Asheville, NC</td>
<td>4 Hours</td>
<td>NA</td>
</tr>
<tr>
<td>(North Carolina mountains)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boone, NC</td>
<td>2 Hours</td>
<td>NA</td>
</tr>
<tr>
<td>(North Carolina mountains)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Charleston, South Carolina</td>
<td>5-6 Hours</td>
<td>NA</td>
</tr>
<tr>
<td>Washington, D.C.</td>
<td>4-6 Hours</td>
<td>1 Hour</td>
</tr>
<tr>
<td>Atlanta, Georgia</td>
<td>6-8 Hours</td>
<td>1.5 Hours</td>
</tr>
<tr>
<td>New York City, New York</td>
<td>8-10 Hours</td>
<td>1.5 Hours</td>
</tr>
<tr>
<td>Orlando, Florida</td>
<td>9-11 Hours</td>
<td>1.5 Hours</td>
</tr>
<tr>
<td>Los Angeles, California</td>
<td>----</td>
<td>4-6 Hours</td>
</tr>
</tbody>
</table>
BANKING AND FINANCIAL MATTERS
## Banking and Financial Matters

### Bank Accounts
Accessing money from your home bank can be expensive. For example, if you use a cash machine (ATM), you may be charged a service fee by the U.S. bank and your home bank. Check with your home bank to find out what procedures and fees they recommend while you are in the U.S.

If you come to the U.S. with a lot of money, it is recommended that you have a checking account for the duration of your stay. Many bills in the U.S. are paid with checks, and opening an account is usually easy. Banks usually offer checking and savings accounts (see definitions below). Services and fees may vary, but most banks in the area offer special student accounts with minimal or no monthly charges. There may be fees if you withdraw or spend over the amount of money in your account.

### Checking accounts
Checking accounts allow you to deposit and withdraw money in person, at the bank, or through an ATM (Automated Teller Machine). If you are approved for a checking account, you should be issued temporary checks for you to make payments. Some businesses may not accept these “starter checks”, but the bank will also ask you to order checks with your name and address and mail them to you. Many banks offer a combination ATM/ Debit card, which allows you to withdraw cash from your account through a machine, as well as use the card to deduct purchases from your checking account (similar to a credit card). There may be limits on how much money you can withdraw at a time, so check with your bank.

### Savings accounts
Savings accounts are usually used with larger amounts of money, and allow you to earn interest on the money that is deposited at the bank. If you are in the U.S. for one year, this may be a good option for you. However, you may be restricted on how often you can withdraw money from a savings account, so it is recommended that you have a checking account as well.

Banks usually collect personal information from you before opening an account. This may include identification, a local address, and an overseas address. **Be sure you ask a bank official about any fees that may be involved in your bank account.**

If you have questions about what type of account is best for you, we recommend you call the bank and schedule an appointment. Bring identification with you when opening your account, and request a student
account. If you have questions about writing checks, using ATM or debit cards, feel free to ask a bank official or the International Exchange Coordinator.

*The University recommends Wells Fargo because it offers a College Account with no monthly fee checking*, and no minimum balance requirement.*

In addition, there is free use of Wells Fargo ATMs** and a free check card to make purchases everywhere VISA is accepted. You are also allowed free access to your account information over the internet through Wells Fargo PC Access. If you plan to work on campus you should open an account so you can have direct deposit (Information will be given at orientation).

There are several ATMs located on the UNCG campus. Wells Fargo has two ATMs on campus for your convenience. One is located in the Dining Hall and the other is located in the Elliott University Center (EUC). A Bank of America ATM is also located in the EUC. During orientation, Wells Fargo representatives will be available to assist you in opening an account and to answer questions.

*A $5 monthly fee if you make more than two teller-assisted transactions per statement period. Teller-assisted transactions include deposits, withdrawals, cashed checks, and transfer made with a teller in a branch

**A fee is charged for the use of non-Wells Fargo ATMs.

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**Returning Home**

Before you leave for home, remember to close your accounts and leave a forwarding address for any banking or billing agencies. Be sure to close any accounts before you return home.

**Paying Bills**

It is important to note that many bills, including phone and UNCG health service bills are paid when services have been rendered. **When leaving the country please make sure that you have fulfilled all of your financial responsibilities. Final phone bills, health service fees and library fines must be paid before you leave!**
TIPS FOR LIVING IN GREENSBORO
# Tips for Living in Greensboro

## Social Life

The social scene in Greensboro offers something for everyone. Socializing is a great way to learn about American society as well as to tell others of customs in your own country. But, a social life will not come to you so it is important to get out and to get involved. Most Americans are friendly and up for conversation, so don't be shy.

## Campus Activities

Campus life offers a wide variety of social activities. There are many campus-based clubs and organizations for you to choose from. Almost any activity or interest that you have is represented by a club. Membership is very easy; you usually just have to show up to a meeting! For more information regarding the types of clubs and organizations offered, speak to the Office of Campus Activities and Programs. You may call them at 336-334-5800 or check out their website at [http://www.uncg.edu/cap/](http://www.uncg.edu/cap/).

The International Student Association (ISA) is also a great way to be involved with life on campus. To find out more about ISA visit their website at [http://www.uncg.edu/student.groups/isa/about/](http://www.uncg.edu/student.groups/isa/about/).

## PAL (Peer Advisor Liaison) Program

The International Programs Center offers a program that pairs incoming exchange students with UNCG students. This program is called the "PAL" program. The Peer Advisor Liaisons volunteer to help exchange students with their transition to life in the United States as well as to UNCG. They will be available to assist you during your initial weeks and months in Greensboro. Many of the PALs have studied abroad themselves or are interested in studying abroad in the future. Every new arriving international exchange student is assigned a PAL. PALs are encouraged to email you before your arrival, and you are invited to correspond with him or her. Otherwise, you'll have the opportunity to meet the PALs upon your arrival at UNCG. Most American students will arrive to campus a few days before classes start. For this reason, we arrange a “Meet your PAL” event for the day before classes. You will receive details on this event included in your orientation schedule.

## Elliott University Center

The Elliott University Center (EUC) is located in the center of campus, with entrances from College Ave. and Stirling St. The facility houses an information desk, lounge areas, the bookstore, an art gallery, and dining areas for students. In addition the EUC offers services for student use such as the box office (ticket office), SpartanCard Center, meditation space, and the Multicultural Resource Center. More information can be found at [http://euc.uncg.edu/](http://euc.uncg.edu/).
School of Music, Theatre, and Dance
The School of Music, Theatre, and Dance (SMTD) oversees many student ensembles, including choirs, orchestras, jazz bands, african drumming ensemble, and opera. Contact SMTD if you are interested in joining one of the ensembles. For further information contact the department at http://performingarts.uncg.edu/.

Student Organizations
There are many campus organizations and clubs at UNCG, including political, religious, sports, and multicultural organizations. For a list of student organizations, see the Student Groups web page at https://uncg-community.symplicity.com/index.php?s=student_group.

UNCG Weekend
Many weekend events are held on campus, such as movies, comedy shows, and dance parties. For more information about activities available to students on the weekend, see the CAP Events page at http://cap.uncg.edu/campus-events/.

Performing Arts
Each semester a wide variety of performances are sponsored on campus, including local and international acts as well as an art gallery located on campus. Some performing arts venues on campus include Aycock Auditorium, Taylor Theatre, and Brown Building Theatre. Ticket information can be obtained by calling 336-334-4392, or by going to the box office located in the Elliott University Center. For a list of performances and exhibitions for the semester go to http://www.uncg.edu/arts-entertainment/.

Sports & Recreation
Student Recreation Center
All students have access to the facilities of the recreation center with their campus ID card. The recreation center has many facilities for student use, including an indoor track, racquetball courts, basketball courts, indoor soccer, weight room, fitness studio, a rock climbing wall, tennis courts, golf course, swimming pool, etc. The recreation center offers organized exercise programs for daily use as well. It is open everyday with limited hours on Saturday and Sunday. For information about the hours, to sign up for exercise classes, or for more detailed information, go to http://campusrec.uncg.edu/.

Intramural and Club Sports
Offers students of all ability levels a chance to participate in team and individual competitive sports, including basketball, soccer, dodgeball, flag football, etc. For further information about signing up to play a sport, visit their website at http://campusrec.uncg.edu/im/.

Spartan Athletics
Varsity or intercollegiate sports are a unique aspect of the American university. UNCG has many varsity teams that compete against other university teams. While exchange students cannot participate in varsity sports, you are welcome to attend events. For more information, visit the Spartan Athletics website at http://campusrec.uncg.edu/im/.
### Outdoor Activities

The Outdoor Adventures division of the UNCG recreation center organizes trips for kayaking, hiking, caving, backpacking, and white water rafting. They also maintain a rental center where students may rent items at a low cost. For more information about equipment and scheduled events visit their website at [http://campusrec.uncg.edu/oa/](http://campusrec.uncg.edu/oa/).

### City Life

Greensboro is a fun city to live in, and there is a lot to do if you look in the right places. Besides visiting the usual movie theatres, bars, shopping centers, and parks you may want to get involved in community-based activities such as local theatre productions and charity work. The Greensboro Cultural Center hosts several festivals; you may contact them for a schedule at 336-373-2712. To find out more about these organizations, check out the Yellow Pages in the phone book, or call the Greensboro Chamber of Commerce at 336-275-8675. You can also go to any of the businesses on Tate Street and pick up a copy of Go Triad or YES Weekly, which are free weekly papers that list concerts and other events in the area.

### Churches, Temples, Synagogues, & Mosques

Greensboro contains a wide variety of churches, temples, synagogues, and mosques. Many of these will even provide free transportation, if you would like to attend. Just call and explain your transportation situation. Also, many have college-aged youth groups which offer a variety of social and charitable activities. If you want to attend church on campus, go to the Associated Campus Ministries Center at 500 Stirling Street located on the corner of Stirling Street and Walker Avenue beside the Walker Parking Deck (phone 336-334-4266). The center houses 9 different organizations and offers information about various worship services on campus. For more information visit their website at [http://www.uncg.edu/min](http://www.uncg.edu/min).

### Entertainment

The city of Greensboro offers a wide variety of entertainment options, such as movie theatres, bowling alleys, minor league baseball and hockey games, a zip line expedition, and a waterpark with swimming pools and water slides. For more information about entertainment available to students in Greensboro, visit the CAP website at [http://cap.uncg.edu/life-in-greensboro/entertainment/](http://cap.uncg.edu/life-in-greensboro/entertainment/).

### Parks and Lakes

Greensboro has a variety of parks to walk, jog, or play sports. The parks available to residents of Greensboro are:

- **The Greensboro Botanical Gardens** located off of Wendover Avenue.
- **Lindley Park** within walking distance from campus, is a beautiful place for a stroll or nice bicycle ride. It also has tennis courts, a soccer field, baseball diamond and a fitness trail. The park is located off Mendenhall Street and it closes at dusk.
**Battleground Park**, located off of Battleground Avenue, was the site of a large battle during the American Revolution. You can tour the battleground and see a film on the history of the area. Because the United States is such a young country, we have been able to preserve most of our major historical battle sites. Admission is free.

**Country Day Park**, located on Lawndale Drive, offers paddle boating, biking, and jogging trails. The park also has a Natural Science Center and a small Zoo.

### Local Tourism

The city of Greensboro has a large variety of museums and historical areas, such as a historical museum, a civil rights museum, and a battlefield. For more information about sites to see in the city, visit the CAP website at [http://cap.uncg.edu/life-in-greensboro/local-tourism/](http://cap.uncg.edu/life-in-greensboro/local-tourism/).

### Dining & Shopping

It may help to be familiar with the following terms used in the U.S.:

- **Convenience Store**—typically sells food, over the counter medications (aspirin, cold medication), newspapers and magazines.

- **Grocery Store or Supermarket**—sells fresh, packaged food, non-prescription medications, personal hygiene products, and some household supplies. Some also include a pharmacy.

- **Farmers Market**—sells fresh local fruits, vegetables, pastries, and crafts year-round on Saturday mornings from 7am-12pm. They are located at 501 Yanceyville Street near downtown Greensboro.

- **Department Stores**—includes large discount stores, like Walmart and Target, that sell everything from bed linens to electronics—virtually anything you can imagine. They are relatively inexpensive, and some include a grocery section.

### On Campus Dining

There are many dining options on campus, most of them in dining hall settings. If you plan to use these facilities on a regular basis, you may wish to purchase a meal plan during orientation. If you will only eat on campus occasionally, you can usually pay cash. For locations, hours, and prices see their website at [http://www.dineoncampus.com/uncg/show.cfm?cmd=menus](http://www.dineoncampus.com/uncg/show.cfm?cmd=menus).

#### Dining Halls

Fountain View, Blue, and Spartan Market offer a large selection of food for breakfast, lunch, and dinner. University dining facilities are only open during semester dates.

#### Convenience Stores and Cafes

There is a small convenience store called The Marketplace that is located in the Elliott University Center (EUC) where you can buy something to eat or drink. In addition there is a Barnes & Noble located in the EUC.

#### Fast Food
There are several fast food locations on campus. The Elliott University Center has restaurants such as Subway, Salsaritas, Chick-Fil-A, Papa John’s, Wild Greens, Coyote Jacks, and Jamba Juice. The Fountain View Dining building has Taco Bell and Pizza Hut. The Bryan Building has Au Bon Pain on the lower level, and there is also a Bojangles on campus.

### Off Campus Dining & Shopping

The city of Greensboro offers lots of options for dining and shopping. There is a list of local restaurants on the CAP website at [http://cap.uncg.edu/life-in-greensboro/food/](http://cap.uncg.edu/life-in-greensboro/food/). Below are a list of locations for dining and shopping close to campus:

<table>
<thead>
<tr>
<th>Location</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tate Street</strong></td>
<td>borders the campus and is one of the great college &quot;hang outs&quot; (social spots) for UNCG students. Although there are only a few shops, you will find some cozy coffee shops and delicious restaurants. Live music can sometimes be heard during the fall, spring, and summer months. Here, it is possible to sit for hours with a cup of coffee and some friends and talk.</td>
</tr>
<tr>
<td><strong>Elm Street</strong></td>
<td>is located in downtown Greensboro and is a shopping and dining street with buildings that are reminiscent of turn of the century America. There are many restaurants and cafes nestled in among the stores. Downtown is about a 15-20 minute walk from campus. Simply turn right onto West Market from Tate Street and keep straight.</td>
</tr>
<tr>
<td><strong>Lindley Park</strong></td>
<td>is a square located on Walker Ave. and has several restaurants including a pizza restaurant, several places to get burgers and french fries, and a small restaurant that sells sandwiches.</td>
</tr>
<tr>
<td><strong>Four Seasons Town Center</strong>, commonly known as &quot;the Mall,&quot;</td>
<td>is located off of High Point Road, and is serviced by the Greensboro public buses. The Mall has over 200 stores and a food court. Opening hours are Monday through Saturday 10 a.m. to 9:00 p.m. and Sunday 12:00 p.m. to 7:00 p.m.</td>
</tr>
<tr>
<td><strong>Friendly Shopping Center</strong></td>
<td>is about a 45 minute walk (or a short bus ride) down Friendly Avenue. It is an open air shopping area with many stores including the grocery store, Harris Teeter, which is open 24 hours.</td>
</tr>
<tr>
<td><strong>Wendover Avenue</strong></td>
<td>is an American style shopping area that is stretched across several miles of busy road. It has gigantic discount stores, such as Wal-Mart, K-mart, and Target that sell just about everything. Also in the same area is Best Buy, a huge electronic appliance and music store (keep in mind when buying electronic equipment that the U.S. voltage is different from other countries).</td>
</tr>
</tbody>
</table>

### Taxes

When shopping, be aware that all states have a sales tax, which is not usually included in the displayed price. North Carolina sales tax is 7%.

### Tipping

Tipping or giving a gratuity is common and expected in the U.S. if you go to a restaurant or bar where you are seated and served. Tipping is also welcomed for services such as a haircut or taxi service. A tip of 15-20% of the cost of the meal or service is expected. One reason for tipping is to compensate service employees who are only paid a small wage by their employer. Another reason is to show appreciation for a job well done. A
general guide is to tip at the low end (15%) if the service is satisfactory or at the high end (20%) if you have excellent service. If you experience very bad service, it is usually acceptable to leave without including a tip. Tipping is not expected at fast food restaurants or places where you serve yourself.
LIVING FOR A SEMESTER OR YEAR IN THE UNITED STATES
# Moving to the United States

## Passport/ Visa

Be sure to bring your passport when you travel to the United States. For those of you who do not yet have a passport, you must get one before traveling to the United States. It is very important that you do not leave this until the last minute, as it may take weeks or even months to get a passport.

## Budget

The United States currency is the dollar ($) and 1 dollar is divided into 100 cents. Exchange rates and currency conversions can be found on the website of XE Currency Converter at [http://www.xe.com/currencyconverter/](http://www.xe.com/currencyconverter/). Naturally your expenses depend on your living situation and your own spending habits. There are ways to live cheaply in the United States, which is discussed later in this manual.

Many shops and transportation services offer student discounts if you show a valid student card. You will obtain your UNCG ID card when you arrive on the campus during orientation week.

## What to Bring With You

For staying in Greensboro during both spring and fall semesters, you should bring winter items (coats, boots, scarves, pants, long-sleeved shirts) as well as summer items (shorts, t-shirts, dresses, light sweaters). The weather in North Carolina offers four distinct seasons (summer, fall, winter, and spring), so be sure to pack to accommodate all of the seasons.

In the United States the electric voltage is 120V at a frequency of 60 Hz. You can visit this website for more information: [http://www.kropla.com/electric2.htm](http://www.kropla.com/electric2.htm). If you bring your own electronic devices which can only use a different current (check the label on your devices), you will also need a transformer. Otherwise, you will most likely get by with simply an adapter. You might also consider buying your hair dryer, shaver, etc. in the U.S. since they can be bought relatively cheaply.

## Other Useful Things

- Extra passport-size photos
- Phone number and email address for relevant contact persons at your home university
- Hard copies of all important documents (passport, personal prescriptions, etc.) and letters from IPC
- A laptop or tablet computer
- A watch (for exams and to be on time)

## English Language

English is the national language of the United States. All students must pass an English language exam as part of their application to study at UNCG in order to ensure that the student is proficient in the English language.
before they are admitted to study abroad. International students who would like more help with English can enroll in the INTERLINK Language Center (336-334-4700) at UNCG.

<table>
<thead>
<tr>
<th>Tips for Living Cheaply in the U.S.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make all travel arrangements at least two weeks in advance so you can get the best price.</td>
</tr>
<tr>
<td>You may want to think of buying clothing at a second-hand store; often you can get great stuff for next to nothing. Our graduate assistants recommend Design Archives Emporium, located downtown at 342 S. Elm Street #100.</td>
</tr>
<tr>
<td>If you decide to buy a bicycle, roller blades, or any type of sporting equipment, consider looking in the classifieds section of the newspaper for used equipment or shop in a second-hand sporting goods store.</td>
</tr>
<tr>
<td><strong>Use those Student ID Cards!</strong> They can get you discount tickets to the movies and many other events. Always ask if there is a student discount. Also, the Jackson Library at 320 College Ave. on campus rents DVD’s and videos FREE to students. For more information contact them at 336-334-5304 or visit their website at <a href="http://library.uncg.edu/">http://library.uncg.edu/</a>.</td>
</tr>
<tr>
<td>Frequent the used book stores! There are several located in town and each has a great selection of fiction, non-fiction, and even language aids at less than half the price of buying a new book. One of the most popular is Edward McKay Used Books and More, located at 1607 Battleground Ave. There, you can find books, music, and movies for sale.</td>
</tr>
<tr>
<td>Furniture and appliances can also be purchased in second-hand stores. If you are going to be in the U.S. for a short time, consider renting these items. Remember: U.S. voltage is different from most countries, so you might not be able to bring anything back home with you. Check the yellow pages in the phone book for dealers.</td>
</tr>
</tbody>
</table>

If you are looking to buy used or inexpensive items, past exchange students have used [www.craigslist.org](http://www.craigslist.org). This is a popular website throughout the U.S. where individuals buy and sell goods through private transactions, similar to classified ads in the newspaper. It is not monitored or endorsed by the university, but simply mentioned as an alternative when looking for used items.
CAMPUS LIVING
& STAYING HEALTHY
Living On Campus
Compared to living off campus, living in the dorms is easy and convenient. In most cases you arrive to Greensboro and immediately go to the dorm and check in. Everyone who lives in the dorms is required to have a meal plan and there are dining halls with different foods you can choose on campus.

However, dorm life can have its frustrations. At times the dorms can become loud and privacy may be at a minimum. It can be therapeutic for you to visit and socialize with friends, such as a PAL, who live off-campus. Tate Street’s coffee shops and restaurants are also within short walking distance, so take advantage of the opportunity to experience American culture in these environments, while getting some alone time.

The Roommate
For many international students studying in the U.S., it is their first experience with a roommate. You need to know how American students view the roommate situation, what their expectations are, and what your rights are. To most Americans, living with another person during the college years is normal and to be expected. So, we have developed unspoken rules of etiquette for this situation. Sit down with your roommate in the first few days and talk about how you each like to live; whether you are messy or neat, quiet or noisly, etc. Try to lay down a few "ground rules" regarding visitors to the room, study time, sharing things, etc. You will find that your American roommate has tons of "stuff" and will, in most cases, be happy to share. However, if problems begin to develop, talk to your roommate at once. Don't wait until you are angry. If you cannot get along with your roommate and feel that you can no longer live together, it is possible to go to the Office of Housing and Residence Life and request a change. If you have met another person and would like to room with that person, both of you need to go to The Office of Housing and Residence Life, located in Ragsdale/ Mendenhall Residence Halls, and request the change together. In most cases, changes are approved. Note: it is only possible to live with people of the same sex.

In many cases, this will be your roommate's first experience living and talking closely with someone from another country. Sometimes they may have silly questions, get your nation confused with another nearby country, or they may not even know where your country is located. Be patient with them and try to answer all of their questions. One of the benefits of your stay is that you will spread international awareness on the campus.

You will also find that your roommate can be an important source for information and aid. Not only do they know where most things are located on campus and in Greensboro, but they know how to deal with the day-to-day problems that will come up. So, if you have a question or are confused, BE SURE TO ASK!

Also, if your roommate extends an invitation to visit his/her home/family or friends, consider accepting. It is a great way to see other parts of the U.S. or North Carolina and gives you a view of the American family.

If you are concerned about having some "alone time" in the dorms you should know that many UNCG students go home for the weekends. If your roommate is a North Carolina resident, the chances are good that he or she will be home at least one weekend a month.

I-House
UNCG has designated space in the Tower Village Residence Hall as the University International House. I-House residents include UNCG students who have studied abroad; those whose majors include foreign languages and international business; degree-seeking international students; and exchange students. The I-House stages a weekly get together (Friday Fest) and several events throughout the year, from international film evenings to theme dinners. This program has been designed to provide a rich atmosphere of language learning,
cultural orientation, and social activities with an international flavor. If you would like to join the I-House community, just let IPC know of your interest.

LIVING OFF CAMPUS
Living off campus has many benefits. You have more privacy, less noise, and it is easier to study. However living off campus also has a few drawbacks. Transportation becomes necessary and your bills can be higher. Once you have decided to live off campus in a private house or apartment, there are a few things you need to know in order to make the process of house hunting easier.

First, you should know that most area landlords, particularly those around the campus, REQUIRE THAT YOU SIGN A ONE-YEAR LEASE. If you are not planning to stay an entire year, you must remember that you will lose your deposit (usually one month's rent) if you leave early and can be required to pay the rent for the entirety of your lease. If your lease is over or you are looking for somewhere to live for a little while before returning home, you can usually find fellow international students to stay with especially through the summer, as some students like to spend the summer traveling, studying or working before returning home.

Finding an apartment can be a little difficult in Greensboro. But, if you are patient and diligent you should be able to find something within a two-week period. Apartments within walking distance to campus will cost you anywhere from $350 to $800 per month, depending on the area, the landlords, and the number of roommates you have. Please click on the following link for a list of off campus apartments close to campus.

BEFORE YOU SIGN A LEASE, READ IT THOROUGHLY!! Make sure that you understand the language and if you don't, ask a friend to explain it to you. Remember, this is a legally binding contract and you will be expected to fulfill your obligations. Some important questions to ask include: Are the utilities (electricity, water, gas) included? What is the penalty for leaving early? Who is responsible for lawn care and repair of appliances? What are the rules for sub-letting? How many people can live in the apartment? Are pets allowed?

Medical Treatment & Facilities

Immunizations
All students at UNCG are required to have certain immunizations. You are required to complete a Report of Medical History (which includes an immunization form) and send it to the Student Health Center. IF YOU DO NOT COMPLETE THIS FORM OR CANNOT PROVE THAT YOU HAVE HAD ALL THE REQUIRED SHOTS, YOU WILL BE REQUIRED TO HAVE THEM AT UNCG. Please also remember that your Tuberculosis (Tb) Skin Test must be administered in the United States or in Canada. You must meet these requirements to study at UNCG.

Student Health Center
The Gove Student Health Center (next to the Phillips-Hawkins Residence Hall) will be able to provide for most of your medical needs during your stay. As an exchange student your student health fee has been paid already, which allows you the use of the Student Health Center without being charged for each visit. You must bring
your student ID when you visit the Student Health Center. The Student Health Center has a pharmacy that sells over-the-counter and prescription drugs at a cheaper rate than regular pharmacies, but the pharmacy has a limited stock. If you need a prescription filled that you brought from your home country, you should take it to the Health Center. Likewise, if you get sick and need a prescription for medicine, you can visit a doctor in the Health Center and they will write a prescription for you. The Health Center phone number is 336-334-5340.

If you are ill or injured, first go to or contact the Student Health Center on campus. If it is closed or cannot handle your concern please go to a preferred off campus health care provider. There are a few reasons for this:

Student Health Center is designated as your primary care provider for services and your deductible is waived.

Unless it is an emergency, please use the Student Health Center. If it is closed and your condition is not life threatening, please use the walk-in Urgent Care Centers (listed in the Yellow Pages). They are much cheaper than a hospital emergency room.

Medical services in the U.S. are very specialized and can be confusing. It is best to rely on health experts in the U.S. to refer you to the appropriate health care provider.

**Note:** The Student Health Center is open Monday – Friday from 8:00 am – 8:00 pm, Saturday from 9:00 am – 12:00 pm, and Sunday from 5:00 pm – 8:00 pm. If the Student Health Center is closed, please call the Campus Police at 336-334-4444 in an on-campus medical emergency.

**If you are involved in a life threatening emergency, you should call 911 or go directly to the closest hospital.** You do not need to consult with the University Student Health Center if severe health risk is at stake.

Likewise, if you are traveling outside of Greensboro and need immediate medical attention, you should go to the health service in that area. **ALWAYS KEEP YOUR MEDICAL INSURANCE DOCUMENTS WITH YOU ALONG WITH SOME IDENTIFICATION.**

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**Health Insurance**

U.S. government regulations require that you have sufficient health insurance coverage for yourself and your dependents while in the United States. All UNCG international students are required to either purchase the insurance offered through UNCG or to submit an insurance waiver request to see if the student’s own insurance meets the Department of State requirements.

**Disabilities**

In the United States equality and fairness are valued. Our international students with disabilities are encouraged to disclose their situation if requesting special accomodations for academic-related matters. To receive special accomodations the student must register with the Office of Accessibility Resources & Services (OARS). The contact information can be found at [http://ods.uncg.edu/student-services/register/](http://ods.uncg.edu/student-services/register/).
IMMIGRATION
ISSUES
Be aware that as of June/July 2002 new USCIS regulations were established which dramatically change the university reporting obligations to USCIS. This means universities no longer have discretion in what, how, and when we report enrollment activity to USCIS. An electronic tracking system (known as SEVIS) automatically collects and reports enrollment information to USCIS. Maintaining status is more critical than ever before. Upon your arrival in the U.S., you will receive an I-94 form which will indicate "duration of status" (D/S). This notation means you may remain in the U.S. as long as you maintain your "student status." Your DS-2019 will reflect an "end date" by which time you should complete your intended study. **SHOULD YOU WISH TO OR NEED TO REMAIN BEYOND THAT END DATE, YOU MUST CONSULT THE IPC STAFF ON PROCEDURES TO EXTEND YOUR STAY.** To allow time for processing, contact IPC at least one month prior to the end date noted on your DS-2019.

### Procedure for Status Extension

J-1: You are eligible to request an extension of your exchange only if the overall exchange does not exceed one year (e.g., an extension from a one-semester placement to a full-year placement may be requested) and your academic objectives do not change. All requests for extension are subject to approval by both IPC and your home institution.

You must apply to IPC to request an extension. If your exchange is extended, you will receive another DS-2019 from IPC indicating the new ending date for your program.

### Maintenance of Status

In order to maintain your status, you must be enrolled as a full-time student. Generally, this means **YOU MUST MAINTAIN A MINIMUM COURSE LOAD OF 12 HOURS IF YOU ARE STUDYING AT THE UNDERGRADUATE LEVEL; GRADUATE LEVEL STUDY REQUIRES 9 HOURS.** The only exceptions to this rule are:

- Medical doctor's recommendation for reduced course load.
- Faculty recommendation to drop a course related to language or cultural difficulties.*

*Note: This option is allowed only in your first semester.

You must consult IPC prior to enrolling less than full-time to assure enrollment meets USCIS regulatory requirements and to ensure that authorization for the less than full-time enrollment is registered with USCIS. Also, you must maintain satisfactory academic standing as defined in the university catalogs.

### Remaining in the United States for Tourist Reasons

You are eligible to remain in the United States after you complete your exchange program for a limited time, 30 days for J-1 students.

If you wish to remain in the United States for tourist reasons after the allowed time, you must apply to change to a "B" visa non-immigrant status. To do so, complete an I-539 Application to Extend/ Change Nonimmigrant Status and submit it, along with the required fee* to the United States Citizenship and Immigration Services (USCIS) office having jurisdiction over UNCG. **THIS FORM MUST BE SUBMITTED BEFORE THE EXPIRATION DATE ON YOUR DS-2010.** Depending on the work load of the USCIS office, it is possible that the
Life in the U.S. can be expensive, and sometimes international students decide to get a job in order to have extra money or to be able to travel. The best place to look for employment is on the UNCG Student Employment office website at http://csc.dept.uncg.edu/seo or you may contact a department directly that you are interested in working with to see if they have any current openings.

If you would like to work on campus, you need to bring a letter of the job offer to IPC. IPC will provide you with a letter verifying your UNCG student status and directions on how and where to apply for your Social Security card. (For information on Social Security numbers go to page 30).

Before you begin looking for a job, go by IPC and be sure that you are legally allowed to work in the United States. Regulations governing employment for international students are different for J-1 students. Review the information below carefully as it pertains to your immigration status.

Visa Requirements for Temporary Departures from the U.S.

Once your status has been authorized by the USCIS, your visa does NOT need to remain valid unless you travel outside the United States during the authorized status period. You may leave and re-enter the United States during the period noted on your DS-2019 to the number of authorized entries specified on the visa. It is assumed that such travel will not interfere with your studies. However, your DS-2019 must be signed by the IPC staff prior to your departure from the United States, if you plan to return to continue your study. Without the signature you may be denied re-entry to the United States.

Note: A visa is valid if the date indicated on the visa has not expired and if the number of entries allowed by the visa has not been met or exceeded. If your visa has expired, you must go to a U.S. embassy or consulate in your home country to obtain a new visa. You can be denied entry to the United States if you have an expired visa, even if you have a properly dated DS-2019. At all times, you must have the stamped copy of the DS-2019 in your possession when you re-enter the United States.

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Once your status has been authorized by the USCIS, your visa does NOT need to remain valid unless you travel outside the United States during the authorized status period. You may leave and re-enter the United States during the period noted on your DS-2019 to the number of authorized entries specified on the visa. It is assumed that such travel will not interfere with your studies. However, your DS-2019 must be signed by the IPC staff prior to your departure from the United States, if you plan to return to continue your study. Without the signature you may be denied re-entry to the United States.

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For J-1 Students:

On-campus employment is available to most all international students with a limit of 20 hours per week. Campus jobs are usually easy to find in the beginning of the semester and get harder to find as the academic year goes on.

Off-campus employment can only be authorized by IPC if the work qualifies as academic training. (See below).

If you should find yourself in an unforeseen financial difficulty, please contact IPC at 336-334-5404 so that we may offer advice.

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Academic Training for J-1 Exchange Students (Off-Campus)

Academic Training is defined as an internship or position off-campus (either unpaid or paid) that is integrally related to academic degree program objectives at your home institution. Academic training may significantly enhance your exchange experience. The training can be done concurrently with your academic exchange program or may follow the conclusion of your program.

To secure permission for Academic Training you should do the following:

I. Make an appointment with the Incoming Exchange Coordinator to discuss the details of application, deadlines and expectations. (If you are a J-1 visa holder who is not an exchange student you should make an appointment with the Director of International Student and Scholar Services.)

II. Present the following documents to IPC:

A letter from you requesting permission for academic training. (If seeking academic training following the conclusion of your academic program, the letter must also include a request for approval of extension of program dates.) Your letter should explain your rationale for undertaking the training (i.e., it should explain how this will enhance your educational exchange experience).

A letter of support from your Academic Advisor at UNCG outlining:

1. The goals/objectives of the training program
2. A description of the program including:
   a. Location
   b. Name/address of supervisor; projected hours per week
   c. Projected dates of training
   d. How this "academic training" relates to major field
3. Why this "academic training" is an integral part of your academic program as exchange visitor
4. Written documentation of the job offer (including dates, location, and supervisor). This should be a job offer letter.

If you are applying for academic training subsequent to your academic program, you will need confirmation (email is acceptable) from your home institution's international programs office that they support your extension.

III. IPC approves/disapproves based on above criteria. It is very important that you do not work unless employment has been granted by IPC. U. S. government regulations impose serious penalties for hiring anyone without proper documentation, which in the case of UNCG exchange students, requires the letter of approval described above.

IV. Deadlines for submitting your documentation for academic training after your program are Dec. 1 and April 26. Your employment must begin within 30 days of the end of the semester. (ISEP students should contact the ISEP office for deadlines and procedures.)

### Social Security Number

Before you can work on campus or off campus, you will need to obtain a Social Security number by applying to the local Social Security office. In Greensboro, the Social Security office is located at 6005 Landmark Center Blvd. (telephone 336-854-1809 or 1-800-772-1213).

Usually, you will be required to present all appropriate documents, including: written verification of the job offer, a letter from IPC verifying your student status*, your DS-2019, your passport with visa stamp, and your I-94 card. If your passport is less than one year old you may be asked to provide a birth certificate. It usually takes two weeks to receive a Social Security number. Please note that you must first be enrolled in classes and activated in SEVIS before you can apply for a social security number. Do not begin work before you have applied for your social security card and met with the Tax Compliance Officer (see below).

*To obtain this letter, please bring your job offer letter to IPC.

### Taxation

If you are authorized to work, you need not be subject to Social Security (F.I.C.A.) tax. It is your responsibility to inform your employer that you are exempt from Social Security tax. But you are subject to withholding and payment of federal and state income taxes (unless exempted by a provision of a tax treaty with your home country).

Once you have secured on-campus employment you must make an appointment with the Payroll Tax Manager, John Kirkman, at 336-334-5180 before you can be paid. He will go over relevant tax laws and assist you in completing the necessary tax forms.

Income tax is deducted by employers for both federal and state purposes. Between January 1 and April 15, you must file federal and state income tax returns if you earned U.S. source income during the previous calendar year. In many cases, you may be entitled to a refund of some or all of the money
withheld in taxes from your paycheck. Tax forms are available from banks, libraries and post offices after January 1.


Please contact IPC for details and please note that IPC does not provide tax advice.
AMERICAN CULTURE AND SAFETY
As someone who has grown up in another culture, you naturally have your own set of values and beliefs. You will probably meet many Americans who are interested in your culture and will ask you to explain why people from your country behave in certain ways. Similarly, you will find that many American social customs and beliefs seem strange to you. Part of the fun of spending time in another country is learning the way people interact and the unique features of the culture. Don’t be afraid to ask questions about things that confuse or interest you, and be yourself.

Americans, like any group of people, are very diverse, and it is difficult to generalize about an entire nation of people. Regional differences, racial and ethnic backgrounds, socioeconomic status, and individual personalities all affect the way that Americans behave and interact. However, there are a few general traits that many international students find to be particularly striking about Americans and America in general.

**Attitudes and Beliefs**

You will find almost every attitude imaginable in the U.S. However, there are some characteristics that a majority of Americans display in some form or another. Here are a few examples:

Americans take pride in the achievements and accomplishments of themselves and their nation. Although many Americans are also quick to criticize the shortcomings of their country, they often do not appreciate it when a foreigner initiates or joins in complaining about the U.S. in what seems to be a critical manner. You may want to approach political discussions cautiously, especially with people you do not know well.

Americans generally express strong belief in the principle that all people are created equal, with equal opportunities, yet most Americans will admit that discrimination (racism and sexism) still exists in the U.S. Americans tend to enjoy stories of “self-made” individuals who rise from poverty to riches through hard work and initiative. Most Americans believe that individuals control their own destinies. Children are told “you can be whatever you want to be”.

Individual freedom is highly valued by most Americans. Religious tolerance is expected, and although many Americans are very religious, others are not religious at all. Not all holidays are holy days; even holy days such as Christmas and Easter are highly secularized.

Many Americans consider it inappropriate to discuss serious topics such as religion or politics with casual acquaintances or in social settings. If you want to ask questions about these matters, it’s often a good idea to start by explaining that you don’t want to offend the person, but you are trying to understand more about American culture.

There are Americans who do not appreciate cultural difference, even within our own country. However, many Americans are happy to interact with an international visitor, help you adjust to the U.S., and enjoy having discussions and spending time with you.

**Time**
Americans are very concerned with time and efficiency and look for faster and quicker ways of doing things. Many find it disrespectful to be late. You may find some people are unwilling to meet with you if you are not on time for an appointment or meeting. If you have set an appointment at 2:00pm, plan to be there a few minutes early. If you come to class late, quickly take a seat near the entrance of the classroom to prevent being a distraction.

**Dress**

Everyday dress is very casual at most universities. T-shirts and jeans, shorts, dresses, and sweat pants may be seen on a campus. Buildings may vary in temperature, so dressing in layers will keep you from getting too hot or too cold while in class. When visiting someone’s home, casual dress is usually appropriate. If you are going to an evening or holiday dinner, you want to dress more formally, such as wearing a nice shirt and pants (men) or a dress (women). If you are uncertain about what to wear, ask another student or friend.

**Cleanliness**

Most Americans have a high level of personal cleanliness—they have habits of showering or bathing, washing their hair, brushing their teeth, and using deodorant/anti-perspirant every day, as well as washing their clothes and cleaning their room/home regularly. You will notice exceptions, as many college students will run to class in their sweat pants, or they may have a very messy room or car. Levels of cleanliness vary around the world. If you have questions about the showers or laundry facilities in your residence hall, ask your Residential Advisor (RA) or other staff. If you have other concerns, ask your advisor in the IPC.

**Smoking**

Smoking is not allowed in most public places (classrooms, residence halls, restaurants, businesses, etc.). Some places in the U.S. even have laws against smoking within a certain distance of public places. Smoking is permitted in most outdoor public areas (parks). It is best to check with someone before you smoke indoors. It is usually acceptable to excuse yourself to go elsewhere to smoke.

**Greetings & Friendship**

Most Americans are informal when greeting. A handshake, smile, and “Hey, how are you?” are common forms of greeting. A common response is to smile and say, “Good, how are you?” Americans often call each other by first names, even when they are of different social positions or ages and even when meeting for the first time. If you are meeting someone for the first time, such as a professor or a professional acquaintance, it is fine to address them as Mr./Mrs., Professor, Doctor, etc. If they prefer to go by a name rather than a title, they will let you know.

Many Americans, particularly students, often have a large number of casual friends or acquaintances, while some people have a small group of very close friends. Most Americans
Sexual Relationships

Many visitors to the U.S. find that there is a duality to American attitudes about sexuality and romantic relationships; many Americans are very conservative in their public attitudes but less so in their private behavior. Premarital sex, although not considered acceptable by many Americans, is common, and many couples live together before marriage. Contraceptives are readily available. Abortion is legal and available, but an extremely controversial and emotional issue in the U.S. Most states do not acknowledge gay (same-sex) marriage, but some states and businesses are allowing marriage benefits (such as health insurance) for same-sex couples. It is still a controversial issue in most parts of the country.

Dating

Dating often begins as early as 13 or 14 years old, but becomes common around 16-18 years old. Teenagers have often dated several people by the time they reach their twenties, and are not chaperoned. Hand holding and light kissing in public are common. Anything more than light kissing is seen and tolerated, but not generally approved of in public.

The American dating scene may be quite different from that of your home country so here is a bit of an "insider's view" into the do's and don'ts of dating.

It is accepted for both men and women to ask someone out on a date. Most dates with college students are "Dutch", which means that each person pays for his or her own expenses. If you are invited out, it is considered polite to offer to pay.

It is possible to date several people at one time, but just make sure that all involved parties know that you are doing it.

The dating jargon is usually pretty difficult for non-native English speakers to get used to. "Going out", "going together", "seeing each other" and "dating" all have different meanings which change depending on the situation and vocal inflection.

As a safety precaution, it is smart to meet a date at a public place for the first couple of meetings. Be sure to let your roommate or someone know where you are going, who you are seeing and when you are expected home. This is just good sense and is courteous to those who care about you.
Contrary to our international reputation, Americans treat sexual relationships very seriously. Before entering a sexual relationship, you need to keep a few things in mind. AIDS is rather more widespread in North America than in many other countries. Protect yourself from AIDS and all other sexually transmitted diseases. Also, Date Rape laws are very strict in the U.S.

Date Rape is defined as rape that is committed in a social setting (party, date, etc.) when the victim knows the rapist. If a person says “no” to sexual contact, it is sufficient, and any subsequent sexual interaction can be considered rape (whether or not the people know each other.) The law states that if a person is physically or mentally incapacitated, then they are incapable of making a decision about sex.

**IF THERE IS ALCOHOL PRESENT AND THE PERSON IS DRUNK, HE OR SHE IS CONSIDERED INCAPACITATED UNDER THE LAW. IF YOU CHOOSE TO HAVE SEX WITH SUCH A PERSON, YOU COULD BE CHARGED WITH DATE RAPE, WHICH IS A VERY SERIOUS OFFENSE UNDER THE LAW.**

If you or someone you know is a victim of sexual assault contact the Student Health Center, the Counseling Center and /or the Police. Contacting the police does not mean you must press criminal charges; it simply places you in contact with people who can help you understand your legal options and assure you get appropriate medical attention.

### Alcohol & the Law

Sometimes the laws in the U.S. can seem confusing to foreigners. However, while in the U.S. you must follow all laws because you will be prosecuted by state or federal courts if you are caught breaking the law. The police do not consider ignorance of the law as an excuse for breaking it. Most of the laws are basic common sense and are easy to follow, but some can be a little confusing and need to be discussed.

**TO DRINK ANY ALCOHOLIC BEVERAGE IN NORTH CAROLINA YOU MUST BE 21 YEARS OF AGE OR OLDER.** When visiting a bar, be sure to bring a passport or driver's license with a photo because you probably will be asked to show identification and prove that you are of age. A UNCG student ID will not be accepted. The penalties for drinking under age, particularly on campus, can be quite serious.

If you are 21 years or older and want to visit bars, be aware that drinking and driving is illegal and treated seriously by the Police. So be careful and give yourself plenty of time to recover from the effects of alcohol before driving home. It is a good idea to have a designated driver (someone who agrees not to drink) or to call a taxi if you have been drinking and need to go home. If you are arrested for Driving under the Influence (DUI), you will have to go before a judge and probably need an attorney, which can be very expensive. The police are always on alert for drunk drivers. Drunk driving is a very serious offense in this country. DO NOT DRINK AND DRIVE (Be aware that it is also against the law to have open alcohol containers in a moving vehicle).
Safety

Greensboro is one of the safest medium-sized cities in North America. However, it is ALWAYS important to be on your guard. It is important to know your surroundings and be alert at all times.

The rules for living safely in the U.S. are pretty much universal. Take all normal precautions such as keeping your valuables locked up and not keeping large amounts of cash on hand. Avoid walking or cycling alone after dark. When in public parks keep to the paths and stay around large groups of people.

You should never walk alone at night, even across campus. The University provides an escort service for students. The Campus Escort Service (Campus police on bikes) will escort any student from anywhere on campus to their car, dormitory, etc. after dusk. They are available Sunday – Friday from 6:00 p.m. to 11:00 p.m. Call 334-5919 for more details. The Escort Service is only available on campus.

Parking Services offers the Spartan Chariot Service and they pick up students at designated pick-up areas on campus. The Spartan Chariots run a continuous route with stops approximately every 15 minutes. The stops are at or near blue emergency phones around campus. The shuttles run seven days a week except on holidays and school breaks. For more information on the stop locations contact Parking Services at 336-334-5681 or visit their website at http://parking.uncg.edu/spartanchariot.html
**Some Safety Tips**

Keep to crowds of people; do not walk alone in isolated areas. If you are walking alone and feel nervous, walk into a restaurant, store or office and wait a few minutes before proceeding on your way.

Remember to use the Campus Escort Service (336-334-5919) for getting around campus or use the Spartan Chariot Service.

If you feel threatened, do not hesitate to call the University Police (336-334-4444) or the Greensboro City Police (336-373-2222). Also, don't forget the national Emergency help number 911, which will connect you to the Police, Fire Department, and Ambulance Service and Paramedics. Most states have adopted this system, so it will work when you are traveling as well!

If you are in a threatening situation, do whatever the criminal wants you to do. Most times this person is just after money, give it to him/her and call the Police once it is over.

Life in the U.S. is not as scary as the media would like you to believe. You will probably never experience a crime during your stay. But, play it safe and don't take any unnecessary risks. Most importantly, be aware at all times! Always report to the police any situation in which you have been frightened or threatened.

Please note that we have given you an emergency card that identifies you as a UNCG international student. Please keep the card on your person. It lists the telephone numbers of staff who can help you in an emergency.

**Sexual Harrasment and Assault Policies and Procedures**

As per the UNCG Student Handbook please see the links below for polices and procedures on Sexual Assault and Harassment.


Dealing with Police
For most international students, police encounters are related to alcohol or traffic violations. Please note the following advice:

When dealing with police and other law enforcement officials, it is important to be as polite as possible.

Be sure to address them with respect even if you are in a stressful situation. If you are asked to stand still or place your hands somewhere, be sure to comply.

Do not argue your case and answer only when asked to do so. There are several unwritten rules that U.S. citizens follow.

Never put your driver’s license in the dashboard (glove compartment) of your vehicle.

Please keep your hands on the steering wheel if stopped while driving.

Do not step out of the car unless you are asked to do so.

Do not argue with an officer nor bargain your case.

Never ever offer a bribe.

If a police officer feels threatened by your behavior, you will be handcuffed, and/or arrested.

Culture Shock
There are many theories and ways of explaining culture shock, but the term mostly relates to the emotional changes and adjustments that take place during the transition to a new culture. The timeframe given below is just a guide. You may experience phases at a different time during your stay, or you may not experience some stages at all. Here is a general guide regarding culture shock and what to expect as you adjust to a new culture:

Pre-Departure
As you prepare to leave your home, there may be a sense of anticipation and excitement. While packing and making plans for your time abroad, you might also be saying goodbye to family and friends. Although you may be excited about all of the new things you will see and learn, you might also feel some concern about leaving your home and the familiar environment. You may feel a bit nervous or tired, but overall you are anticipating what is to come.

Honeymoon/ Spectator Phase
During the first few weeks abroad, almost everything is new and exciting. You may feel overwhelmed by all of your new surroundings. You will be welcomed into a new environment, explore new sights, meet new people, and maybe feel a bit like a tourist. You will likely notice a lot of things about the culture that are different from your home. You may feel a sense of adventure as you explore new places, try new food, learn new words or phrases. Regarding your health, you may experience intestinal problems (upset stomach, diarrhea) as you adjust to different water and foods. You might also experience jetlag or trouble sleeping (insomnia).
### Participation Phase

This phase typically takes place after you have been in the new culture for a month or two. The newness has worn off and you are more settled into a regular routine. You may find yourself becoming more impatient or annoyed with the host culture. You may lose your sense of enthusiasm and start to question your decision to live abroad. You might start to miss the familiar activities of home and wonder “Why do they do things like this?” Physically, you may notice being tired, developing headaches, or catching a cold.

### Crisis Phase

This phase usually begins when you have been in the host culture for more than two months. You may become more irritated and aggressive toward your host culture, as you start to see more stereotypes and nationalism in the culture. You may find it more difficult to do your work. You may feel bored, homesick, sensitive, or even angry. Try not to be discouraged; this is normal. Continue talking with friends and family from home, but be aware that these feelings will pass. Physically, you may develop more headaches, tension, and minor illnesses. Try to stay engaged in your classes and relationships in your host culture and maintain a normal schedule of sleep and activities to avoid stronger feelings of depression and hostility.

### Adaptation Phase

The adaption phase usually begins when you have been in another culture for three to four months, but may happen earlier or later. In general, you may feel like you have recovered from your past negative feelings, your work/studies improve, and you feel like you can laugh about your experience. You may start to feel more comfortable in the culture, and even feel like you belong. You may feel like you have adopted a new culture, that it is a part of you, and that you have a new “home”.

### Re-Entry Phase

This phase is often overlooked, but happens when you return to your home country. You may feel excited and want to tell other people about your experiences in another culture, but find that not everyone is interested. You may get some criticism from your friends or family. You may feel disconnected from your home culture, as if you have missed out on many things. You may notice things about your home country that you never noticed before, and you may develop an interest in foreign affairs. You may feel homesick for your host culture.

**Remember, all of these feelings are normal.** You may experience some of them, or none of them. You may sense some minor feelings of culture shock, or it may be a very difficult experience. Regardless of what you are feeling, remember that there are support staff at your home and host universities to help you. If you have questions about how/why things work a certain way, if you feel you need to see a counselor, or if you ever feel you want to return home early, please talk to your advisor in the IPC.
IMPORTANT NUMBERS AND RESOURCES
Please add other numbers that are important to you to this list and post it in a convenient spot for easy access!

Helpful Resources

Weights & Measurement
Most of the U.S. system of measurements is the same as that for the United Kingdom. However, no liquid measures of the same name are the same size in the U.S. and U.K. systems. Also the U.S. “ton” is 200 pounds while the U.K. “ton” is 2240 pounds. U.S. temperatures are typically listed in degrees Farenheit. Here are some tables that may be helpful to you:

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<tr>
<th>U.S. measures</th>
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<tr>
<td>1 inch (in.)</td>
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<td>1 foot (ft.) = 12 inches</td>
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<td>1 yard (yd.) = 3 feet</td>
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<td>1 mile (mi.) = 5280 feet</td>
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<td>1 ounce (oz.)</td>
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1 pint = 16 fluid ounces
1 quart (qt.) = 2 pints 0.95 liter (L)
1 gallon (gal.) = 4 quarts 3.78 liters (L)

Temperature

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Campus Information

Driving and Walking Directions for UNCG campus: http://parking.uncg.edu/access/access.html

Consignment and Second-Hand shops in Greensboro, NC (to find items cheaply!):
http://www.yellowpages.com/greensboro-nc/second-hand-stores

National/Local Information

For more information about the United States, please visit: http://www.infoplease.com/states.html
For more information about North Carolina, please visit: http://www.visitnc.com/
For more information about Greensboro, NC, please visit: http://www.greensboronc.org/

** These sites are helpful to find out interesting facts about different states as well as find ideas about trips while you are studying abroad

Have A SAFE and HEALTHY experience at UNCG!