INTERNATIONAL VISITING STUDENT GUIDE

A guide for incoming medical students from around the world

A helpful guide to living in Chapel Hill, NC and participating in electives with the University of North Carolina’s School of Medicine

Office of International Activities
UNC School of Medicine
General Information:

Travel Arrangements:

You are expected to begin your elective on the first day of the elective period and to stay until the last day of the elective. Please plan your travel to Chapel Hill accordingly. The closest airport to Chapel Hill, NC is Raleigh-Durham International Airport (RDU) and there are buses, taxis, and discount shuttles that run from the airport to Chapel Hill. Furthermore, you will need to meet with the coordinator to complete your paperwork prior to beginning your elective. Electives usually begin on a Monday, and we suggest you arrive between 9am and 3pm on the preceding Friday, so you do not have to do paperwork on the first day of your elective. We understand that you may be coming directly from another elective and your travel arrangements may already be set. It is also perfectly fine to come on the first day of your elective (which is what most students do). You must meet with the OIA before beginning your elective.

Housing Arrangements:

You are expected to find your own housing for the duration of your elective from either the housing list we send to you or through friends, relatives, or other means. Medical students can find rooms through http://rotatingroom.com/. Additionally, UNC offers guest apartments through: http://housing.unc.edu/guests/, however the rates can be expensive.

Most students pay $400-$600 for housing, but rates can vary greatly depending on the location and level of accommodation. We strongly suggest that you base your housing decision on distance or ease of transportation to the hospital. If you are not within a safe walking distance or if there is not a safe walking route, you want to make sure you are close to a Chapel Hill Transit bus stop.

Required Attire

You will need to dress appropriately for your elective. Try to dress so that your appearance will inspire confidence in you. Jeans and open-toed shoes are not allowed. For men, ties are not mandatory but are appreciated. Women may wear either skirts or pants. Please do not wear very short skirts. It is common in the United States for individuals to wear deodorant and/or cologne (men) or perfume (women) to minimize body odor.

During electives at UNC School of Medicine, students are required to wear short white medical coats which fall near the waist. In the United States residents and faculty wear longer coats. If you have a short coat please bring it with you. Upon arrival, students who
do not have a short coat may borrow one, if possible, or purchase one from the UNC Student Store.

If you need scrubs for your elective, contact your department coordinator once you have your badge number. The department will set up your access and allow you to obtain scrubs from scrub machines in the hospital.

Visas

Although you will be participating in an elective at UNC, you will NOT have official student status at UNC and cannot participate on a student visa. Medical electives are allowed under a B1/B2 visa. This is not a student visa. If you need additional documentation to take to the Embassy or Consulate when applying for a visa, please contact international@med.unc.edu and we will email you a PDF letter.

Safety Tips for Travelers:

Many students choose to travel in the United States either before or after their electives. Here are some important safety tips to remember:

- Keep all credit cards, cash, and traveler's checks in a money belt
- Travel Safely. Like anywhere else, crimes do occur in the United States. Use common sense: do not walk alone at night, be aware of your surroundings, and do not be afraid to ask people about a particular area if you are unsure of its safety
- Do not hitchhike
- Do not leave valuables unattended at any time (even in a rental car)
- It is a good idea to carry a U.S. contact telephone number in case of an emergency

For police or medical emergency assistance anywhere in the United States dial 911 from any telephone.
**Required OIA forms**

Prior to arrival, you will need to prepare the required documentation as a part of this program. These documents are very important. Failure to produce any of them in a timely manner could render you ineligible to participate in your elective. More details about each document can be found in the IVS Orientation section under “After Arrival.”

- Immunization Form
- Confidentiality Form
- Consent Form
- OSHA and HIPAA Trainings
- Epic Training
- Administrative Fee
- Insurance
- Emergency Contact Form
- Copy of Visa/Passport OR US driver’s license
International Visiting Student Checklist: 1

This document is for your own personal organization and does not need to be submitted for any purposes.

Before you Arrive: (All sent items should be emailed to international@med.unc.edu)

☐ Make Housing Arrangements (can be found from our housing list or by your own methods)
☐ Book Travel Plans/flights
☐ Contact Elective Coordinator about course requirements and where to meet on your first day
☐ Pay $2500 Tuition Fee and print or email payment receipt (or pay by check at orientation)
☐ Complete EPIC ACCESS Request
☐ Complete OSHA Trainings (Screenshot and send completion page)
☐ Complete HIPAA Training (Screenshot and send completion page)
☐ Enroll in insurance
☐ Send proof of insurance
☐ Obtain necessary VISA documents if required
☐ Send a professional digital photo of yourself for our identification database
☐ Send copy of Visa and Passport or U.S. Driver’s License
☐ Send Completed Consent Form
☐ Send Completed Confidentiality Form
☐ Send Completed Emergency Contact Form
☐ Complete any additional immunizations needed and send results
International Visiting Student Orientation

**Immunization Form**

The Dean’s Office is very strict regarding this form so please complete it thoroughly and completely. This form must be completed and signed by your physician. You may attach additional health documents to this form as long as it is complete. You will not be allowed to begin your elective until this form has been approved. If you arrive at UNC with insufficient immunizations, you will be required to obtain the needed immunizations prior to beginning your elective. This can be expensive.

*PLEASE READ THE FORM CAREFULLY!*

Please note:

Most likely you submitted the Immunization Form with your application, but please take care of any additional information/immunizations that the Office of International Activities contacts you about.

The student TB skin test must be done within the United States within the last 12 months and have a negative reading. If you have had a positive reading, you must have an evaluation completed by UNC Student Health Center at your expense. The cost of the PPD is approximately $10.00 at the Student Health Center, and a physician exam and x-ray can be closer to a total of $80.

**Confidentiality Form**

Your signature on this form indicates that you understand the procedures regarding patient confidentiality and agree to abide by them. Please print & sign your name and date the form. You do not need to complete the “SS#” or “Department Name” fields. Page 2 is for your records.

**Consent Form**

This form essentially allows our office to view some of the documentation in your file with your home institution.
OSHA and HIPAA Trainings (Must Complete UNC-Specific Trainings)

You are required to complete two OSHA trainings. You are also required to complete HIPAA training. These trainings will be completed through an online system called Learning Management System, or LMS. Information on how to log-in and complete these trainings is sent a few weeks before the start of your elective.

EPIC Training

EPIC is the patient management system used at UNC. Each elective requests that students either have “Read Only” or “Full” access. If you are required to have Read-Only access, you will have to complete online training prior to your arrival at UNC. If you are required to have Full access, there will be no online training, but you will have to attend an in-person class on the first Tuesday of your elective. You will receive this information in the same email as the OSHA & HIPAA information. You will sign up for the class and complete any required training through the same online LMS system. Please note that EPIC access may take a few days to activate.

Administrative Fee

Each international visiting student is required to pay $2500 per four-week elective upon arrival. This fee may be paid in-person via US bank order and check, or online with a credit card. Checks must be written to “UNC School of Medicine.” The link to pay online is: http://www.med.unc.edu/wrkunits/1dean/ome/stuaff/forms/Production/international.htm. It should be paid no later than your initial meeting with the coordinator.

Insurance

The University provides malpractice insurance coverage for visiting international students but all non-US citizens are required to purchase personal health insurance for their stay in the U.S. regardless of what type of health or travel insurance they have at home.

US Citizens: Fill out health insurance verification form and submit copy of your insurance card.

Non-US Citizens: Must purchase Health Insurance through the university’s designated provider, the GATEWAY USA plan. The cost is approximately $40 a month, and is only payable by credit card. The plan can be found and bought at this link: https://purchase.imglobal.com/Quote/gateway/pre-quote?imgac=57691 We only require the minimum $50,000 coverage with no additional riders. You can choose the deductible limit that is most appropriate for you. You will need to supply OIA with a copy of the confirmation email showing you have this insurance coverage. If you cannot complete this and pay online, you may fill it out in our office upon arrival. However, please complete ahead of time if you can. In the event you need medical services, you should visit the UNC Campus Health Services or the UNC Emergency Department.
Accommodation: If at any point during your stay, you feel that your housing situation is unsafe or unstable, you may reach out to the OIA for resources and assistance.

Letters of Recommendation

Please note that letters of recommendation are not officially part of our program and are not in any way guaranteed. A letter of recommendation should only be viewed as a bonus of the experience. There is nothing wrong with asking for one if you have spent significant time with an attending, but PLEASE WAIT until your last week, only ask a physician one time and you must respectfully and professionally accept their decision. Inquiring about a letter early in the rotation to an attending physician or even a resident has caused problems in the past and can cloud the perception of the attending physicians and diminish your experience here. Many students have received letters of recommendation and we hope that all deserving students get one, but it does not happen for everyone and there is no guarantee it will happen for you. We encourage you to work hard, do your best, get the most out of the learning experience, and you’ll gain a lot from the experience, letter or no letter.

*Please note that your performance reflects on you, your school, sometimes your country or region, and future students from your school with regards to our elective program. Your performance include effort, attitude, and organization as well as how you function in the clinical setting.

Transportation and Parking

Bus Transit

The Chapel Hill Transit buses are free and run daily. It is best to live on a bus line that runs directly to or nearby the hospital. Transferring buses during your commute, can make your daily trip longer or problematic. Also, if you are doing an elective that requires very early morning rounding (surgery electives for example), please note that you might need to report to the hospital before some bus routes will start. Many of the buses will not start running until 7AM, and you will need to walk, ride a bike, or take a taxi to get to the hospital very early. Also, bus schedules are more limited on the weekends. More information can be found at: www.chtransit.org. Our office has information about a local shop that rents bikes at a reasonable rate.

For detailed maps and times of each Chapel Hill Transit bus route, please visit the following website: http://www.townofchapelhill.org/index.aspx?page=706.

For the most up-to-date bus schedules including Chapel Hill Transit (free) and Triangle Transit (not free), visit: www.nextbus.com (Scroll down to “North Carolina” and select “Chapel Hill”). We recommend www.gotriangle.org for planning your trip to and from the hospital.
Parking:
There is no free parking on-campus from 7:30 a.m. to 5 p.m. during the week. However, there are pay lots on Franklin St., Rosemary St., and on South Campus. As it stands now, you may park for free in most campus lots after 5 pm and all day on weekends, with a few exceptions for football and basketball game days and special events (marked by signs).

http://www.dps.unc.edu/Parking/parkingnav.cfm
http://www.parkonthehill.com/

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

Evaluations: A UNC evaluation will be sent automatically to the referring physician for each student. This process is completed through the One45 database. Length of wait time for completion of evaluations varies, however, the physician is requested to complete it within 30 days of the end date of the elective. Students may request of the OIA to direct the evaluation to a physician whom they spent the most time with during their rotation. Multiple evaluations may be completed for a student.

Elective Attendance: Clinical electives are at least 8 hours (sometimes much more!) per day. All electives are rigorous and some require night and weekend duties. You are expected to begin your elective on the first day of the elective period and to stay until the last day of the elective. You should get at least one day off per week (if you want to do that) and it is important to get rest and take care of yourself during the rotation. If you have important events like USMLE exams and/or residency interviews during your rotations, please communicate with your medical teams ahead of time and try to limit the number of days you miss. Most departments understand these things are very important, but you need to attend as much as your elective as possible. If you have any questions, please do not hesitate to contact the OIA at international@med.unc.edu.

Needle Stick/ Eye Splash Protocol

Follow these steps in the event of a Blood Borne Pathogen (BBP) exposure:
1) Alert/ Notify your Attending/ Supervisor. Attending/ Supervisor will order the source patient’s HIV and Hepatitis B/C labs.
2) Wash affected area with soap and water (rinse mucosal surface with water if splash injury).
3) Call CHS ASAP at 966-6561 and tell receptionist you have a BBP exposure. The CHS MD will inform you once the source patient’s rapid HIV result is received.

Please visit this link for further guidance:
https://campushealth.unc.edu/urgent-needs/health-science-students-blood-borne-pathogen-exposure
**Onyen:** The UNC Onyen (Only Name You’ll Ever Need) is a campus-wide electronic username and password used to identify each UNC affiliate with his or her PID in order to gain access to various campus resources. While Visiting Students are not required to create or possess an onyen, it may be useful throughout your time here, as it will grant you access to campus Wi-Fi, computer labs, campus events, giveaways, and most electronic resources shared amongst UNC-affiliates including library access to academic journals and e-books.

*To create an ONYEN:*

1. Please navigate to the Onyen Services webpage located at the following web link. https://itsapps.unc.edu/improv/
2. Select the “Create an Onyen” button and proceed to fill out the form on the next page.
3. Your Onyen will expire after the last day of your rotation.

*To connect to Wi-Fi:*

1. While on campus, select UNC-Setup as your Wi-Fi service
2. Open your browser and visit www.wifi.unc.edu if it does not load automatically
3. Follow the steps to configure your device using your onyen and password
4. Once you complete the instructions, try connecting to Eduroam or UNC-PSK.

**UNC One Card:** UNC Campus One Cards serve as the physical representation of your affiliation with UNC, and can be used to gain access to areas reserved for faculty, staff and students. It includes your photo, name, PID, and classification within the University (Student, Staff, Faculty). This card is not required for Visiting Students and is completely optional. The card is used for the following purposes:

- Gym & pool access ($6.25 per 2 weeks; $12.50 per month; $20 per summer session)
  - Your One Card will grant you access to 19 UNC recreation facilities, including equipment rentals, unlimited sport classes and athletic programs.
  - Visit [http://campusrec.unc.edu/programs/fitness/group-fitness-classes/](http://campusrec.unc.edu/programs/fitness/group-fitness-classes/) for group fitness class schedules
  - Visit [http://campusrec.unc.edu/](http://campusrec.unc.edu/) for more information and other schedules.
○ **Contact Reggie Hinton via email** – hinton@email.unc.edu. Please include a copy of your acceptance letter and your PID in the email to verify your status as a visiting medical student. He will explain the payment for access to the Campus Recreation facilities.

- Library check-out
- Printing
- Payment
  - Your UNC One Card can be linked to your Credit/Debit card to make payments anywhere, or you can add funds to your One Card via ‘Flex,’ which can be spent only in on-campus commerce (Dining Halls, Student Stores, On-Campus restaurants/cafes, etc).

**To Get a One Card:**

Visit the UNC One Card Office: Daniels Building 207 South Road (Student Stores).

You Will Need: Your passport or a valid US Driver’s license, your PID, and any appropriate fees. *Most first time cards will be free, but fees can be as much as $15 in some circumstances.*

To make changes to your One Card Balance or report a lost One Card visit [http://onecard.unc.edu/](http://onecard.unc.edu/)

**CarolinaGO**

CarolinaGO is a phone application for iOS and Android phones which contains UNC campus maps, directions, campus dining, gym schedules and videos from events happening around UNC. It’s a great resource to stay plugged-in to campus life and learn your way around. It can be found in the iTunes App Store or Google Play
International Visiting Student Checklist: 2

**First Day Orientation**

- [ ] Arrive promptly at 8:00am in Bondurant Hall (room to be announced)
- [ ] Bring Proof of Tuition Payment, or a $2500 check to pay at orientation
- [ ] Obtain ID Badge (done at Orientation)
- [ ] Attend Campus Health Appointment if needed (done at Orientation)
- [ ] Request special badge access if needed (contact coordinator)
- [ ] Notify OIA of any special evaluation needs
- [ ] Go to Elective

**Before you Leave:**

- [ ] Create an ONYEN (for Wi-Fi and other campus online resources) *Optional*
- [ ] Obtain a UNC OneCard (for gym/pool access, and various on-campus activities) *Optional*
- [ ] Return to Campus Health to view results
- [ ] Participate in Cultural Exchange *Optional*
- [ ] Attend IVS Welcome Dinner *Optional*
- [ ] Pay Campus Health fees
- [ ] Provide proof of payment to OIA
- [ ] Complete OIA survey
- [ ] Turn-in any documents you may need signed by the OIA
- [ ] Email the OIA the first and last name of the attendings you would like to complete your UNC evaluation
- [ ] Request Elective Certificate of Completion *Optional*
- [ ] Pick up Elective Certificate of Completion *Optional*
SOCIAL AND CLASSROOM NORMS AND CUSTOMS

Social Norms in the U.S.

The website www.edupass.org/culture/ contains important information about social norms and expectations in the U.S. Topics covered include:

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

Religious Needs

As recommended by previous students, a chapel on the first floor of Memorial Hospital has prayer mats in a closet which can be used at any time during the day. The Student Union offers a meditation room which can be used for all denominational prayer or meditative purposes during open hours (M-F 7:30am-1am; Sat. 9am-1am; Sun 11am-1am). For more
specific faith services, connect with religious campus organizations via 
https://studentlife.unc.edu/

UNC Hospital Food & Beverage Services

Starbucks
Open 24 hours a day. Starbucks is located off the lobby of the NC Cancer Hospital serving all your favorite coffees and coffee based beverages, teas, pastries, hot breakfast sandwiches and panini’s and more.

Overlook Café
Open 11AM-6PM, Monday-Friday. It is located on the 2nd Floor Hallway connecting the Neurosciences Hospital with the NC Cancer Hospital.

MEZZA LUNA
11AM-6PM, Monday-Friday
Made to order salads with your choice of lettuces, toppings, and house made dressings, Mixed fresh when you order!

Cosimo’s Pizza
11AM-6PM, Monday-Friday
NY Style Pizza, Flatbread and Panini’s, as well as fresh daily Soups.

MAX MANGOES
11AM-6PM, Monday-Friday
Hand dipped ice cream, fresh blended smoothies, floats, ice cream sundaes, frozen yogurt, +

Terrace Café
Open 6:30AM-9PM
Located on the first floor Terrace of the Children’s Hospital

FAST BREAKS
Always Available
Fresh grab and go sandwiches, gourmet soups and salads, healthy snacks, and yummy desserts

CONTINENTAL TRADERS
Monday-Friday
11AM-2PM lunch
4:30PM-7:30PM Dinner
Continental Traders offers great meals from right around the corner and every corner of the globe. Selections include BBQ Chicken, Fried Chicken, Rotisserie Chicken, Dot’s
Famous BBQ, Macaroni and Cheese, Mashed Potatoes, and much more including a daily feature.

**Flatiron Grill**
Brunch: 6 AM-10 AM
Lunch: 11AM-6AM
The Flatiron Grill offers your All American favorites for breakfast and lunch including Made to Order Omelets, Pancakes, Breakfast Sandwiches, and Biscuits and Gravy for breakfast and Hamburgers, Cheeseburgers, French Fries, Onion Rings and more for lunch.

**Red Ginger**
Lunch, 11AM-2PM, Monday-Friday
Asian inspired, wok fired dishes made fresh to order. Daily specials as well as General Tso’s Chicken, Beef Stir Fry, and Cashew Chicken served every day, with white, brown, or fried rice and a choice of dumplings or egg roll.

**Sujin Sushi**
Always available, and rolled to order from 11AM-2PM, Monday-Friday
Right from the sea: made to order sushi, seaweed salad, edamame, and spring rolls

**Corner Café**
The Corner Café is open 7AM-2PM on weekdays, and is located on the ground floor of the Children’s Hospital down the hallway past the kinetic sculpture.

**Caprese’s Deli**
11AM-2PM, Monday-Friday
Made to order subs and sandwiches with over 20 toppings to choose from!

**Bandelero’s**
11AM-2PM, Monday-Friday
Our famous burrito (and burrito bowl) spot, with fresh salsas made daily.

**Courtyard Café**
ACC Building
7 a.m.-4 p.m.
Offering a variety of options, beverages, and snacks for our guests and patients at the ACC outpatient clinic.

**Some nearby drug stores and pharmacies**

*Student Stores Pharmacy*  3rd Floor Student Stores
**CVS Drug Stores**
- Rams Plaza, Chapel Hill (919) 942-0169
- 15-501 North, Chapel Hill (919) 929-5664
- Carr Mill Mall, Carrboro (919) 929-2181

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

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

**Foreign money exchange**

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

**Credit Card Access to Money**

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

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

**Local Banks and Credit Unions**
<table>
<thead>
<tr>
<th>Bank of America</th>
<th>State Employees’ Credit Union</th>
</tr>
</thead>
<tbody>
<tr>
<td>851 Willow Dr.</td>
<td>310 Pittsboro St. Chapel Hill, NC 27514</td>
</tr>
<tr>
<td>Chapel Hill, NC</td>
<td>Chapel Hill, NC 27516</td>
</tr>
<tr>
<td><strong>Note:</strong> In transferring money to a foreign destination, using a credit union account is cheaper than a regular bank. It is possible to have two accounts, one in the credit union and one in a regular bank. A regular bank has its own advantages – for example, wide access to ATMs if traveling around the country and abroad. Be careful to read the contract before signing, especially regarding fees and penalties.</td>
<td></td>
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<tr>
<td><strong>Safety Issues</strong></td>
<td></td>
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<tr>
<td>The Chapel Hill Police have developed this useful set of personal safety tips, including important emergency phone numbers. Please take a few minutes to read these tips:</td>
<td></td>
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<tr>
<td>UNC also has some tips for campus residential security.</td>
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<tr>
<td>For students living on campus, the SAFE Escort service provides escorts (for solo students only) on the main campus during the semester from 7pm to 1 am, Sunday</td>
<td></td>
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</tbody>
</table>
through Thursday. Call 962-SAFE (962-7233) to arrange for an escort to meet you at your campus building or stop by the SAFE Escort desk in Davis Library.

History of the Region

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

The South also hosts a vibrant African American culture, a sense of rural isolation, and a strong regional identity. It has also developed its own customs, literature, musical styles (such as country music, bluegrass, southern gospel, rock and roll, blues and jazz), and cuisine.

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

- [http://www.knowsouthernhistory.net/Culture/]  
- [http://docsouth.unc.edu/sohp/] (Documenting the South via Oral Histories)  
- [http://www.southfest.com/] (Guide to Southern Festivals)

Entertainment

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

For a general look at upcoming events in the area, visit [https://www.visitchapelhill.org/events/] to see the Orange County Events Calendar

Spectator Sports

UNC has a long tradition of championship-winning sports teams. In addition to the world-famous UNC men’s and women’s basketball teams, the women’s soccer team is one of the highest-ranked teams in the U.S., and the UNC football team is rising in both rank and popularity. Learn more about campus athletic events: [http://tarheelblue.cstv.com/]

Note that UNC OneCards for Visiting Students do not grant free entry to sporting events.

Bowling

Two of the nearest bowling alleys include:
The Mardi Gras Bowling Center
6118 Farrington Road
Chapel Hill, NC 27517
(919) 489-1230
http://www.mardigrasbowling.com/

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

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

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

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

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

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

- Caffe Driade (see their music calendar: http://caffedriade.com/music)
- Carolina Inn Fridays on the Front Porch (http://www.carolinainn.com/hotel-events/chapel-hill-event-calendar.php)
- Southern Village Summer Music Series (http://www.southernvillage.com/sunday-music-series/)
- WUNC Backporch Music Concert Series at the American Tobacco Complex in Durham (http://wunc.org/term/back-porch-music)
- Pittsboro Road House General Store Live Music (http://pittsbororoadhouse.com/calendar/)

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

**Cultural Events and Museums**

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

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

African American Cultural Complex (Raleigh, NC) - has artifacts and exhibits displaying the outstanding contributions made by African Americans in NC
http://www.visitnc.com/listing/african-american-cultural-complex

North Carolina Museum of Art (Raleigh, NC)
http://www.ncartmuseum.org/

North Carolina Museum of Life and Science (Durham, NC)
http://www.ncmls.org/

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

North Carolina Museum of Natural Sciences (Raleigh, NC)
http://naturalsciences.org/

Asheboro Zoo (Asheboro, NC)
www.nczoo.org
**Festivals and Fairs**

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

http://ncfestivals.com/

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

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

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

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

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

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

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

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

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

World Beer Festival (April, in Raleigh; October, in Durham)  
http://allaboutbeer.com/craft-beer-events/

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

**Outdoor Recreation**

**Camping**

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

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

**Hiking and Biking Trails**

Chapel Hill’s Department of Parks and Recreation has a listing of greenways and parks in the town: http://townofchapelhill.org/town-hall/departments-services/parks-recreation/facilities-greenways-parks/. Another nice place to walk is in the trails near the North Carolina Botanical Garden. The Garden has 600 acres of nature trails, plants and aquatics (http://www.ncbg.unc.edu/).

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

**Beaches and Mountains in N.C.**

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

In the opposite direction (and a 3-4 hour drive), there are beautiful views of the Blue Ridge and Smokey Mountains, and lovely mountain towns such as Asheville, Boone, and Blowing Rock. The Blue Ridge Parkway (http://www.blueridgeparkway.org/) is a popular drive in the fall when the foliage turns brilliant shades of red, orange, and yellow, and you can find many web sites that will predict the peak color change season and the best time to visit. In the winter, there are a number of ski resorts, including the popular Sugar Mountain. To learn about other skiing opportunities in N.C., visit:
To learn more about travel and vacation destinations within the state, visit the official travel and tourism web site for the State of North Carolina: [http://www.visitnc.com](http://www.visitnc.com), or check out any North Carolina travel guide from the library.

### Grocery Stores

**Food Lion**
- Carrboro Plaza, Carrboro, 932-1589
- Willow Creek Shopping Center, Carrboro, 942-091
- Timberlyne Shopping Center, Chapel Hill, 929-0458
- Rams Plaza

**Wal-Mart Superstores:** (You can find discounted groceries and other items including “do it yourself furniture,” bedding, electronics and clothes – if you don’t mind cheap non- brand name items.)
- 12500 U.S. 15-501 N., Chapel Hill, 357-9039
- 5450 New Hope Commons Dr., Durham, 489-4412

**Fresh Market**
- 1200 Raleigh St., Chapel Hill, 932-7501

**Harris Teeter**
- 1800 Airport Rd., Chapel Hill, 968-0110
- Carr Mill Mall, Carrboro, 942-8564
- Meadowmont Village, Chapel Hill, 932-5020
- University Mall, Chapel Hill, 933-5700

**Trader Joe’s** (inexpensive alternative to Whole Foods – they carry organic and healthy foodstuffs, good selection of produce and wines)
- 1800 E. Franklin St., Chapel Hill, 918-7871

**Kroger**
- 3420 SW Durham Dr., Durham, 403-6945.
- 202 N Carolina 54, Durham, 361-9893
- 3825 S Roxboro St., Durham, 361-0470
Target

8210 Renaissance Pkwy  Durham  425-0001

4037 Durham-CH Blvd.  Durham  765-0008

Ethnic and Specialty Grocery Stores

Asian Stores:

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

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

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

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

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

Locations:

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

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

Middle Eastern Store:

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

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

Locations:
Open 7 Days a week, 7 a.m. – 9 p.m.

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

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

**Weaver Street Market**
Open 7 days a week -7am - 10pm.

*Locations:*

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

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

**Carrboro Farmers Market** (Produce, baked goods, etc.)
Saturdays year round 7am-12noon; Wednesdays
from April 8 - October 21, 3:30-6:30pm

Located off 301 W Main St., Carrboro, NC 27510 (919) 967-2752

**Other farmers market locations:**
Saturday mornings from May through August
University Mall, Chapel Hill
(919) 533-9496

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