A helpful guide to living in Chapel Hill, NC and participating in electives at the UNC School of Medicine
We have hosted over 800 international visiting students since 2008. Our mission is to support, promote, publicizes and coordinate activities, accomplishments, and opportunities in global health and international medical education.

"I know for sure that this international office is really working in the true spirit of global education by trying their level best to inculcate foreign students in various teams around the hospital."
- Radhika Kulkami

"From the time of application to the conclusion of elective, the OIA was immensely supportive and helpful at every step of the way."
- Anant Jain

"Everything was perfect, it was a really professional environment. This started with the Office of International Activities who had set up everything in advance to make sure was doing my elective in a safe way."
- Patrick Cherfan

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TRAVEL
You are expected to begin on the first day of the elective period and to stay until the last day. Please plan your travel accordingly.

Electives usually begin on a Monday, so we recommend arriving the preceding weekend. You must meet the OIA for Visiting Student Orientation before beginning your elective.

The closest airport is Raleigh-Durham International (RDU). There are buses, taxis, and shuttles that arrive on campus.

ATTIRE
You will need to dress appropriately for your elective. Jeans and open-toed shoes are not permitted. For men, ties are not mandatory, but are appreciated. Women may wear either skirts or plants. Please do not wear very short skirts.

Students are required to wear short white medical coats which fall near the waist.

If you need scrubs during your elective, let your department coordinator know once you have your badge number.

HOUSING
You are expected to find your own housing for the duration of your elective rotation. Most students use the housing list provided by the OIA or find something online. UNC also offers guest apartments, but rates can be expensive.

Rates vary greatly depending on the location and level of accommodation. We strongly suggest you base your housing on the distance or ease of transport to the hospital.

Click here for UNC Guest Apartment Options

VISAS
Although you are participating in an elective, you do not have official student status for visa purposes. Instead, medical electives are permitted under a B1/B2 visa. Please make the appropriate arrangements as soon as you are confirmed.

If you need additional documentation to take to your visa appointment, email international@med.unc.edu.
ARRIVAL CHECKLIST

☐ Make a visa appointment and gather all required documents

☐ Make housing arrangements (refer to OIA Housing List)

☐ Book travel plans/flights

☐ Contact elective coordinator about course requirements and meeting location for first day

☐ Pay $2500 tuition fee ($500 deposit + $2000 tuition)

☐ Complete EPIC ACCESS request, OSHA and HIPAA trainings
   *Please email a screenshot of completion pages

☐ Enroll in GeoBlue insurance and submit insurance card

☐ Submit completed forms and professional headshot photo

All materials should be sent to: international@med.unc.edu
PDF format is preferred.

TRAVEL TIPS

Many students travel in the US either before or after their electives. Here are some tips:

- Keep all credit cards, cash, and traveler's checks in a money belt.
- Do not hitchhike.
- Do not leave valuables unattended at any time.
- Carry a U.S. contact telephone number in case of an emergency.
- Travel wisely. Like anywhere else, crimes can occur. Use common sense: do not walk alone at night, be aware of your surrounding, and do not be afraid to ask for help.

For police or medical assistance, dial 911 from any telephone in the United States.
VISITING STUDENT ORIENTATION

On the first day of your elective rotation at UNC, you must attend our Visiting Student Orientation. This will take place in Bondurant Hall, the room will be announced via email. You may also have to attend an immunization appointment at Campus Health Services that morning.

During Orientation, we will review important policies, address any questions, and provide important information for you to get started with your elective. A light breakfast is provided.

Please make sure you have completed the following:

- Pay your $2500 USD elective tuition
- Submit all required forms/documents
- Complete OSHA/HIPAA and EPIC
- Obtain ID badge
- Attend Campus Health appointment (if necessary)
- Request special badge access by contacting elective coordinator (if necessary)
- Notify OIA of any special evaluation needs

ELECTIVE ATTENDANCE

Clinical electives are at least 8 hours (often more) per day. All electives are rigorous and some require night and weekend duties. You should have at least one day off per week as it is important to take care of your own health and wellness during your rotation.

Communicate with your team ahead of time to try to limit the number of days you must miss. It is important to attend as many days as possible.

LETTER OF RECOMMENDATION

Letters are not officially a part of our International Visiting Student program and are not in any way guaranteed. A letter of recommendation should only be viewed as a bonus of your experience. Please wait until your last week to ask a physician with whom you have spent a significant amount of time for a letter.

We encourage you to work hard, do your best, get the most out this experience. You will gain a lot from this elective, letter or no letter.
UNC IDENTIFICATION

ONYEN - ONLY NAME YOU'LL EVER NEED

Your onyen is a campus-wide electronic username and password used to identify each UNC affiliate with their PID in order to gain access to several campus resources. You are not required to create an onyen, but it may be useful during your time on campus.

To create an onyen:

1. Navigate to the Onyen Services webpage at the following link: https://itsapp.unc.edu/improv/
2. Select the "Create an Onyen" button and proceed to fill out the information on the next page.
*Your onyen will expire after the last day of your rotation.

ONE CARD STUDENT ID

UNC Campus One Cards serve as the physical representation of your affiliation with UNC. It can be used to gain access to areas reserved for faculty, staff and students. This card is not required, but used to gain access to the gym/pool, library check out, printing, and payment. This card can also provide you with discounts at local businesses such as restaurants and shops in Chapel Hill.

To get a One Card:

Visit the UNC Card Office inside the Student Stores. You will need your passport or valid US driver's license and your PID. The fee is $15.

CarolinaGO MOBILE APP

CarolinaGO is a mobile app for smart phones which contains UNC campus maps, directions, campus dining, gym schedules and videos of campus events. It is a great resource to stay plugged-in to campus life and learn your way around. It is found in the iTunes App Store or Google Play.
TRANSPORTATION

Chapel Hill is a small town with a lot of people! Most students live on campus or nearby. Staff and employees of both the university and the hospitals also live nearby or in neighboring cities such as Durham, Carrboro, or Raleigh. Most people commute in to UNC, utilizing the bus lines, biking or walking. We highly recommend you do the same during your time at UNC.

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.

Find more information about the bus system at: www.chtransit.org

If you want to travel to nearby cities such as Durham or Raleigh by bus, the Go Triangle bus system is an inexpensive way to do so. One way fares are $2.25 for regional routes and $3 for express routes. There are several GoTriangle bus stops on UNC’s campus and you can hop on the bus to go to Southpoint Mall in Durham or downtown Raleigh.

Find more information about GoTriangle at: www.gotriangle.org

PARKING

There is no free parking on campus from 7:30 AM to 5 PM during the week. However, there are pay lots on Franklin St, Rosemary St, and on South campus. As it stands now, you may park for free in most campus lots after 5 PM and all day on the weekends.
BANKING AND LOCAL STORES

Local banks are electronically linked internationally with the PLUS, NYCE, CASHIER, and CIRRUS systems. If you have a card that is linked to one of these systems, you can get US dollars by using your card.

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.

LOCAL BANKS
Bank of America
State Employees' Credit Union
Suntrust Bank
First Citizens Bank
RBC Bank

851 Willow Dr.
137 E Franklin St
310 Pittsboro St.
1414 Raleigh Rd
1650 E. Franklin St
101 E. Rosemary St

GROCERY STORES
Food Lion
Walmart Superstore
Fresh Market
Harris Teeter
Trader Joe's

Carrboro Plaza, Carrboro
Willow Creek Shopping Center, Carrboro
Timberlyne Shopping Center, Chapel Hill
1200 Raleigh St, Chapel Hill
1800 Airport Rd, Chapel Hill

FARMER’S MARKET

The Carrboro Farmer's Market sells fresh produce, baked good and much more. It is on Saturdays year round from 7 am to 12 noon. Wednesdays (April 7-October 21) from 3:30-6:30 pm

ETHNIC/INTERNATIONAL STORES
Mediterranean Deli
Li Ming's Global Mart
Spice Bazaar
Around the World Market
Almadina Supermarket

410 W. Franklin St, Chapel Hill
505 W. Rosemary St, Chapel Hill
4125 Durham Chapel Hill Blvd
1708 E NC Highway 54, Durham
6715 Hillsborough St., Raleigh
1019 Method Rd, Raleigh
There are several dining options on UNC's campus, the hospitals and nearby on Franklin Street and the surrounding area.

**IN THE HOSPITALS**

**Corner Cafe**
Open 7 AM to 2 PM
Monday-Friday
Located on the ground floor of the Children's Hospital down the hallway from the kinetic sculpture.

**Overlook Cafe**
Open 11 AM to 6 PM
Monday-Friday
Located in the 2nd floor hallway connecting the Neurosciences Hospital with the Cancer Hospital

**Terrace Cafe**
Open 6:30 AM to 9 PM
Located on the first floor Terrace of the Children's Hospital.

**Courtyard Cafe**
Open 7 AM to 4 PM
Located in the Ambulatory Care Center Building

**Friends Cafe**
Open 7:30 AM to 6 PM
Located in the Health Sciences Library next to Bondurant and MacNider halls.

**Lenoir Dining Hall**
Open 10:30 AM to 3:00 PM
Located on the undergraduate campus by the Student Stores

**COFFEE SHOPS**

**Starbucks**
Open 24 hours a day
Located off the lobby of the Cancer Hospital. They also serve pastries, hot breakfast sandwiches and paninis.

**Friends Cafe**
Open 7:30 AM to 6 PM
Located in the Health Sciences Library next to Bondurant and MacNider halls.

Most cafes and dining halls have a great selection of meals, grab & go and snacks for individuals with different diet preferences.
Many previous students have shared that they are often very busy during their UNC elective. They attend events on campus, study, participate in their elective, but also take time to enjoy being in Chapel Hill.

American students like to “work hard and play hard” and some favorite pastimes include watching sports, bowling, watching movies and attending live music performances.

SPECTATOR SPORTS
UNC has a long tradition of championship-winning sports teams. The UNC Men's and Women's Basketball teams, as well as the Women's Soccer team are nationally ranked. Learn more about campus athletic events at http://goheels.com

LIVE MUSIC
Chapel Hill prides itself on its live music scene and there are several music venues. Popular ones include: The Cat's Cradle, The Local 506, and the Cave. Many bars in Chapel Hill also have live music and DJ nights throughout the week and on weekends.

SHOPPING & MOVIE THEATERS
Some places to check out for 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.

There are several theaters in the area. To find a theater and showtimes, go to fandango.com and enter your zip code.

OUTDOOR ACTIVITIES
North Carolina is rich in scenic and outdoor activities as well. There are mountains and beaches. It is popular to go hiking, camping, picnicking. Some local state parks include Falls Lake, Jordan Lake, Umstead Park, Eno River State Park. Nearby is also the North Carolina Botanical Gardens, Duke Forest and Duke Gardens. http://www.visitnc.com
AMERICAN CULTURE

The website www.edupass.org/culture/ contains important information about social norms and expectations in the United States. If it is your first time here, we recommend you browse this site.

Important topics to review:

- Stereotypes
- Personal Space
- Forms of address
- Tipping
- Dining
- Smoking
- Time and temperature
- Religious practices
- Holidays
- Email/phone etiquette
- Gestures & noises
- Weights and measures

HISTORY OF THE SOUTH

Southerners have a unique shared history, which includes remembrance of difficult time such as the institution of slavery, the Civil War and Reconstruction, the Great Depression, segregation and the Civil Rights Movement. More recent events include Hurricane Katrina and Florence.

The South also hosts a vibrant African American culture, sense of rural isolation, and a strong regional identity. It has developed its own customs, literature, musical styles (such as country, 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. Additionally, Raleigh (the capital of North Carolina) is a 40 minute car/bus ride away.

RELIGIOUS NEEDS

As recommended by past students, a chapel on the first floor of Memorial Hospital has prayer mats in a closet which can be used any time during the day.

The student Union also offers a meditation room which can be used for all denominational prayer or meditative purposes during open hours.
CONTACT & RESOURCES

The Office of International Services is the main point of contact during your time at UNC.

Email - international@med.unc.edu
Phone - 919.962.5511
Office location - MacNider 113 or Bondurant 1066

Your elective coordinator is the main contact for your elective. Please refer to your elective confirmation letter for their contact information.

EPIC@UNC Help Desk - 984.974.4357
Point-2-Point Shuttle - 919.962.7867

ALERT CAROLINA

Alert Carolina is the electronic system used to communicate safety messages and warnings to the campus community.

Check the website - alertcarolina.unc.edu for live updates and current information regarding safety messages and warnings to the campus community.

EMERGENCY SERVICES

The UNC Department of Public Safety (DPS) has staff on call 24/7 for after hours emergencies.

General Information - 919.962.3951
Police Emergencies - 911
Emergency/Weather Hotline - 919.843.1234

NEEDLE STICK/EYE SPLASH PROTOCOL

Follow these steps in the event of a Blood Borne Pathogen (BBP) exposure:

1. Alert/notify your attending or supervisor. They 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 Campus Health Services ASAP at 919.966.2281 and tell the receptionist you have a BBP exposure. The CHS doctor will inform you once the source patient’s rapid HIV result is received.

**Do not visit the hospital ER, instead, follow instructions to contact Campus Health Services.