



THE UNIVERSITY *of* NORTH CAROLINA
GREENSBORO

International Programs

SURVIVAL GUIDE

For International Exchange
Students

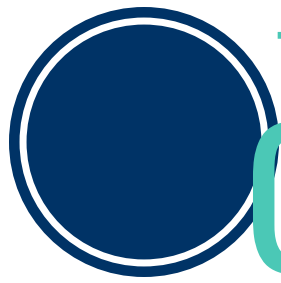
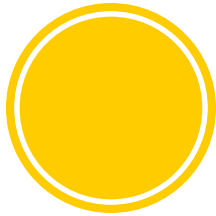
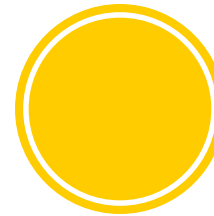


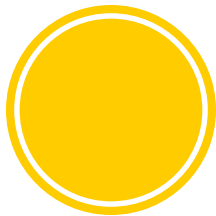
Table of Contents



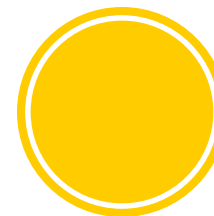
Know Before you Go



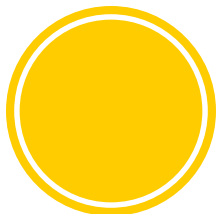
Registration &
Academic Life



You're here...now what?



Immigration &
Government

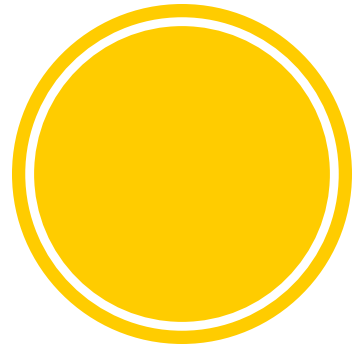


Eating, Recreation &
Social Life



uncg_ipc

#uncgabroad



Know Before you Go...



This section will help you prepare for your year abroad with tips for packing and knowing what to expect from American culture.

College :

At UNCG, a division of the university with studies focused in a particular area--e.g. the *College of Arts & Sciences* has classes in the humanities, arts, mathematics, and sciences. May also signify general enrollment at a university (e.g.: Julia is a college student; Thomas is in college).

Syllabus :

A class outline that faculty give to students the first day of class. It will include the professor's name and contact information, plus a schedule of readings and assignments, grading policies, and other important information. Be sure to read each syllabus thoroughly and refer to it throughout the semester.

Prerequisite :

Means a class requires prior knowledge of the course subject. Usually a student must have taken a particular course(s) before registering for this one. International students may be able to take the class, but must speak to the International Exchange Coordinator and the course professor after arriving at UNCG.

Faculty :

Name of the collective group of professors that teach classes at the university level. A "faculty member" is another term for professor.

Class or Course :

A group of students meeting with an instructor to learn about a certain subject. Used interchangeably.

To Register or Registration:

The process of choosing and enrolling in individual classes, which happens at the beginning of each semester.

Here are some useful definitions to understand UNCG's educational system.



Major or Curriculum :

A concentration of study in one subject area.

Degree :

A certification awarded after fulfilling all requirements in a course of study. The most common is a Bachelor's degree (undergraduate degree).

Credit Hour :

The amount of time spent in class during a week. Classes are usually 3 hours/week, meeting 1 hour on Monday, Wednesday & Friday *or* 1.5 hours on Tuesday & Thursday.

Undergrad students should plan to spend 2 hours preparing for every hour of class time. For 12 credit hours, you should study 24 hours per week. Graduate students should spend 4+ hours per week preparing for each hour of class time.

After you are accepted at UNCG, the Incoming Exchange Coordinator will help you pre-register for courses. When you arrive at UNCG, you will learn what classes you are pre-registered for and how to add, drop or change classes during orientation week.


Graduate students

(studying for advanced degrees) need a minimum of 9 credit hours to be full-time (usually 3 classes, MBA courses may differ)

Full-time undergraduate students (in their first 4 years of university) must take at least 12 credit hours of classes. Most students take 4 or 5 classes (12-15 hours), but can take as many as 6 classes (18 hours).



Moving to the United States



You must have a passport to travel to the United States. If you do not have one yet, do not leave this until the last minute, as it may take weeks or even months to get one.





You will also need the J-1 visitor exchange visa in order to study here at UNCG as an exchange student. You will receive an email from the Incoming Exchange Coordinator that has more information to obtain a J-1 visa, in addition to the documents in your acceptance packet.

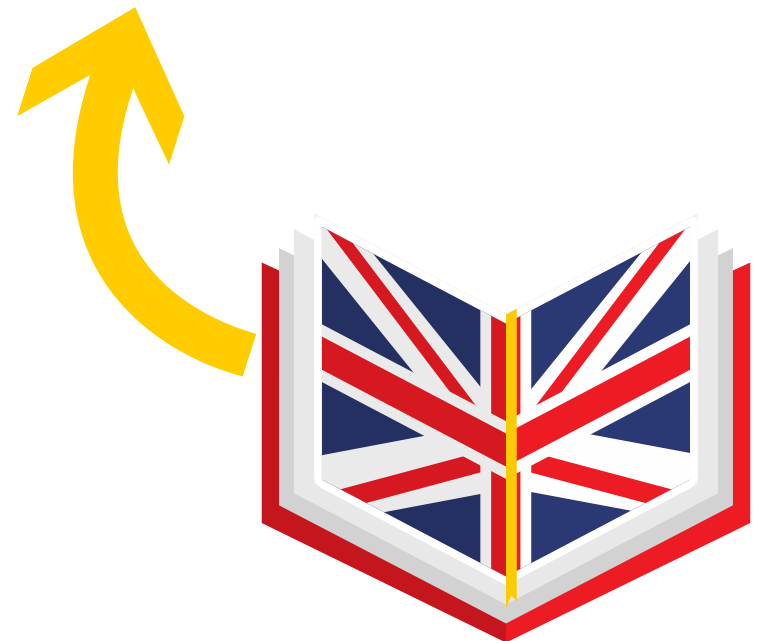


Moving to the United States

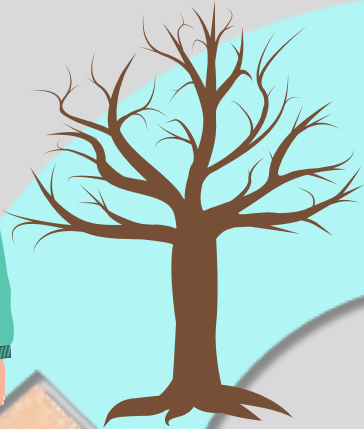
English is the national language of the United States and students must be proficient to study at UNCG. You must pass an English language exam as part of your application. International Students who would like more help with English can enroll in the INTERLINK Language Center at UNCG ([click for info](#)).



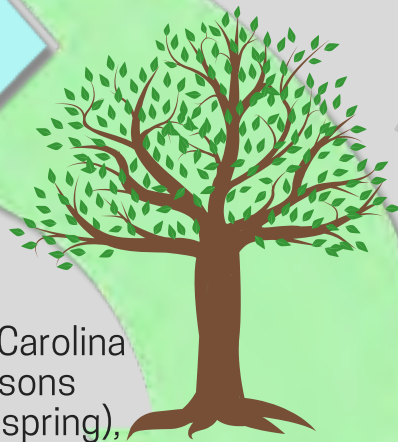
The United States currency is the dollar (\$).
1 dollar is divided into 100 cents (¢).
[Click here for exchange rates.](#)



Packing:



The weather in North Carolina has 4 distinct seasons (summer, fall, winter, spring), so pack for all seasons.



If you are staying for spring and fall semesters, you will need summer **and** winter items.



Other things to bring:

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

The U.S. electric system uses 120V at 60Hz. You may need an adapter or even transformer for electronic devices. You might want to consider purchasing a hair dryer, shaver, etc in the U.S. since they are inexpensive. Click for more info.

Budget!

Your expenses depend on your living situation and spending habits. Here are some tips for living cheaply in the U.S.:


Used bookstores can save you a lot of money on text books, novels and even music.. Try Edwary McKay's on Battleground Ave..

Student ID card: Can get you discounts on transportation, at restaurants, or for movie tickets. Always ask if there is a student discount!

Buy second-hand at Design Archives, Goodwill, or the Salvation Army. If you want a bicycle or other sports equipment, try [Craigslist.com](https://www.craigslist.com)

Make travel arrangements at least 2 weeks **in advance** for better prices.





As someone from another culture, you naturally have your own set of values and beliefs. You will meet many Americans who are interested in your culture. They may ask you to explain why people from your country behave in certain ways. Similarly, many American social customs and beliefs may 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 international students may notice about America.



You will find almost every attitude imaginable in the U.S. However, here are some characteristics that a majority of Americans display.

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 a good idea to start by explaining that you don't want to offend the person, and are trying to understand more about American culture.

Americans take pride in the achievements and accomplishments of themselves and their nation. Although many Americans openly criticize their country, they often do not appreciate it when a foreigner initiates or joins in complaining about the U.S. Approach political discussions cautiously, especially with people you do not know well.

Americans generally believe 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 enjoy stories of "self-made" individuals who rise from poverty to riches through hard work. 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. 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.

There are Americans who do not appreciate cultural difference, even within our country.

However, many Americans are happy to interact with an international visitor, to help you adjust to the U.S., and enjoy discussing and spending time with you.

Dress: Everyday dress is very casual at UNCG. T-shirts and jeans, shorts, dresses, and sweat pants may be seen on a campus. Buildings vary in temperature, so dressing in layers will keep you from getting too hot or too cold while in class. Be sure to pack clothing for multiple seasons.

When visiting someone's home, casual dress is usually appropriate. If you are going to an evening or holiday dinner, you may want to dress more formally, in a nice shirt and pants (men) or a dress (women).



If you don't know what to wear, ask another student or friend.



Time: Americans are very concerned with time and efficiency. They look for faster ways of doing things. It is disrespectful to be late and people may refuse to meet with you if you are not on time. Arrive early for meetings & appointments (ie, arrive at 1:50pm for a meeting at 2pm). If you come to class late, quickly take a seat near the door to prevent being a distraction.

Smoking: may be less popular than in your host country and is not allowed in most public places (classrooms, residence halls, restaurants, etc.). Some places have laws against smoking within a certain distance of public places.



Smoking is permitted in most outdoor spaces. You should ask before smoking indoors. You may be expected to excuse yourself to smoke elsewhere.

Cleanliness: Americans have a high level of personal cleanliness. They shower, wash their hair, brush their teeth, and use deodorant every day. They wash their clothes and clean their room/home regularly. You will notice exceptions, as college students may run to class in their sweat pants, or 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.



Greetings & Friendships

Many Americans, particularly students, have a large number of casual friends or acquaintances, while others have a small group of very close friends.

Most Americans do not hold hands or embrace in public unless they are with close friends, a boyfriend or girlfriend, or members of their family.

Americans are informal when greeting. A handshake, smile, and “Hey, how are you?” are common greetings. 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, or even when meeting for the first time. If you are meeting a professor or professional acquaintance for the first time, 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 tell you.

When leaving, many Americans will say, “See you later,” even if you have not made plans to see each other. This is not usually an invitation, but a way to say goodbye. Others say, “Take care,” meaning they hope you will be in good health.

Dating in America may be quite different than in your home country!

.....

Dating: Do's & Don'ts

★ Both men and women may ask someone to go on a date.

★ Most dates with college students are "Dutch", meaning each person pays for his/her own expenses.

★ If you are invited out, it is considered polite to offer to pay.

★ Dating begins as early as 13 years old, and becomes common by 16. Teenagers have often dated several people by the time they are 20. Teens are not chaperoned on dates.

★ Hand holding and light kissing in public are common. More than light kissing in public is seen and tolerated, but not considered appropriate.

★ You can date several people at one time, but be sure that all involved parties know that you are doing it.

Dating jargon can be difficult for non-native English speakers. "Going out", "going together", "seeing each other" and "dating" all have different meanings which change depending on the situation and vocal inflection.

Be safe!
Meet a date at a public place for the first time.

Tell a roommate or friend where you are going, who you are seeing and when you will be home.

This is just good sense and is courteous to those who care about you

Sexual Relationships

Despite 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 more widespread in North America than in many other countries. Protect yourself from AIDS and all other sexually transmitted diseases.

Many visitors to the U.S. find a duality to American attitudes towards sexuality and romantic relationships. Many Americans are very conservative in their public attitudes but not in their private behavior.

Premarital sex is common & many unmarried couples live together, but not everyone approves of it.

Same-sex marriage is legal nationwide, but still taboo in some parts of the country.

Contraceptives are readily available.

Abortion is legal & available, but a controversial and emotional issue in the U.S.

The U.S. has very strict Date Rape laws.

"Date Rape" is rape committed in a social setting (party, date, etc.) when the victim knows the rapist. If a person says "no" to sexual contact, any subsequent sexual interaction can be considered rape (whether or not the people know each other). If a person is physically or mentally incapacitated, they are legally incapable of making a decision about sex.

IF A PERSON IS DRUNK, S/HE IS CONSIDERED INCAPACITATED & UNABLE TO CONSENT TO SEX. IF YOU CHOOSE TO HAVE SEX WITH SUCH A PERSON, YOU COULD BE CHARGED WITH DATE RAPE

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



Laws in the U.S. can be confusing for 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 of the laws about alcohol are new to exchange students.

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 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 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. Be careful and give yourself plenty of time to recover from the effects of alcohol before driving home. Have a designated driver (someone who agrees not to drink) or 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).



Culture Shock relates to the emotional changes and adjustments that happen when you transition to a new culture. Here is a general guide to let you know what to expect as you go through culture shock. You can experience these phases at different times during your stay, or not at all. The time frames are just a guide.

Pre-Departure

As you prepare to leave home, you may be anxious and excited. While packing and making plans for your time abroad, you are also 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 concern about leaving home and a familiar environment. You may feel nervous or tired, but overall you are anticipating what is to come.

Honeymoon/Spectator

During the first few weeks abroad, almost everything is new and exciting! You may feel overwhelmed by your new surroundings. You will be welcomed into a new environment, explore new sights, meet new people, and maybe feel 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, and learn new words or phrases. You may experience intestinal problems (upset stomach, diarrhea) as you adjust to different water and foods. You might have jetlag or trouble sleeping (insomnia).

Crisis

This phase usually begins when you have been in the host culture for 2+ months. You may become irritated towards your host culture, as you start to see more stereotypes and nationalism. You may find it difficult to do your work and feel bored, homesick, sensitive, or even angry. Try not to be discouraged; this is normal. Continue talking with friends and family from home and 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 feelings of depression and hostility.

Participation

This phase typically takes place after a month of being in the new culture. The newness has worn off and you are more settled into a routine. You may become more impatient or annoyed with the host culture. You may lose your sense of enthusiasm and question your decision to live abroad. You might miss the familiar activities of home and wonder "Why do they do things like this?" Physically, you may be tired, develop headaches, or catch colds.

Adaptation

The adaptation phase usually begins when you have been in another culture for 3-4 months. 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 are 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

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.

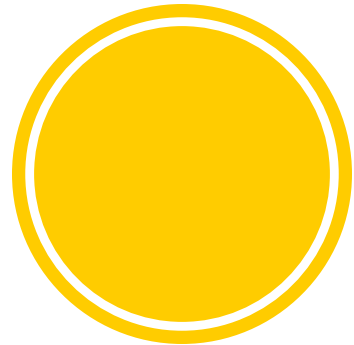


Remember, all the feelings of culture shock are normal!

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.





Registration and Academic Life



This section will explain how to enroll in classes, activate your email, and tell you what to expect at the university.


After you are accepted at UNCG, the Incoming Exchange Coordinator will help you pre-register for courses. When you arrive at UNCG, you will learn what classes you are pre-registered for and how to add, drop or change classes during orientation week.

Graduate students

(studying for advanced degrees) need a minimum of 9 credit hours to be full-time (usually 3 classes, MBA courses may differ)

Full-time undergraduate students (in their first 4 years of university) must take at least 12 credit hours of classes. Most students take 4 or 5 classes (12-15 hours), but can take as many as 6 classes (18 hours).

Fees & Bills: The University Cashier's office will bill you for housing, insurance, meal plan, etc. You can pay online or by mail.



Pay online: via UNCGenie by an electronic withdrawal from a bank account (called an e-check, there is no fee) or by some credit/debit cards (there is a 2.75% transaction fee)



Mail Payment: must be in US Dollars via a check from a US bank or US Postal Order. Checks can be mailed to:

151 Mossman Building
1202 Spring Garden Street
Greensboro, NC 27402



Email: Every student at UNCG must activate their UNCG email address upon arrival (instructions included in your acceptance packet, or click [here](#)).

At UNCG, we use our email for official correspondence, and to send class information. The university and faculty expect you to check your UNCG email often. You may even be expected to turn in assignments via email.

The UNCG email system (iSpartan) is web-based and very user friendly. You cannot forward your iSpartan email to an outside address.

Courses & Registration



Computers with access to UNCGenie are located all over campus. Most students go to the computer Superlab in the Jackson Library.

TO SEE CLASSES ONLINE:

- Click here to search Course Offerings
- Select the term you will be at UNCG (**Fall** or **Spring**)
- Select the **subject** you want to study
- You will be able to see the times of classes in that subject, and the building locations where they meet
- Be sure to notice if classes have pre-requisites or restrictions.

You can also access the Course Offerings Search from UNCG's home page (www.uncg.edu). From there, click on UNCGenie. Then click Class Schedule

HOW TO REGISTER:

- **You will not be able register for classes until you arrive on campus.**
- The Incoming Exchange Coordinator will help you "preregister" for classes before you arrive. You may not be able to register for some courses without speaking to the professors of those courses.
- At UNCG, you may register for courses online or in-person.
- You **must** activate your UNCG student accounts (such as email) and will need your student I.D. number, PIN number, and advising code to register online.
- You do not need to register in-person unless you need special permission. You must meet the professor to get the code. More information will be given during Orientation.



If you have questions about registration, please ask for help from the IPC staff or a PAL.

 For more information about registration, [click here.](#)

Courses & Registration



During Orientation Week, there will be an information session on advising/course registration to help you complete your schedule.

DROP/ADD:

- American universities have a period of about one week during which you can add, drop or change courses as you like. We call this "schedule adjustment" or "Drop/Add".
- **You absolutely must finalize your schedule by the last day of schedule adjustment.**
- You may Drop/Add a course online, or in-person at the Registrar's Office (Mossman Building).
- You will need your student I.D. number, your advising code, and your PIN number to drop or add a course.



For more information about registration or Drop/Add, [click here.](#)

UNDERGRADUATE STUDENTS:

- If you sent course requests to IPC before your arrival, you should be registered for available courses.
- [Click here](#) to look at your class schedule on UNCGenie
- If you want to change your schedule, see "Drop/Add")
- If you did not send course requests to IPC, or if we were unable to place you in those courses, you must register according to normal UNCG registration procedures.
- If you are an **undergraduate student studying in the Bryan School of Business and Economics**, the staff in the Bryan School's Advising Center will help you (Bryan Building, Room 232, Telephone 336-334-4484).

ALL INTERNATIONAL STUDENTS:

You must register for a "full time load", meaning 12+ credit hours for undergraduates, or 9 credit hours for graduates.

****You must consult with IPC to enroll for less than a full-time load, which must be authorized and registered with USCIS.****

GRADUATE STUDENTS:

- *You are not required to have approval for course selection, but we strongly recommend you consult your department or faculty advisors to verify you have an appropriate schedule.*



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

HOW TO GET INTO A CLOSED/RESTRICTED COURSE:

- **Talk to** the professor and explain why you would like to take the class.
 - > Mention that you are an international student as professors may be more willing to admit you into the class.
 - > If you cannot find the instructor beforehand, you can attend the first class and speak to the professor afterwards.
 - > Ultimately, it is up to the instructor to decide if you will be let into the course.
 - > If the professor agrees to allow you into the class, they will do a course override online.
- **Then,** go online and add the class. You will not be able to add yourself to the class until the professor has done the override.

- A "closed" class may have reached the maximum number of students allowed in it
- A "restricted" class is reserved for specific students, like those in the major.
- If a class is either "closed" or "restricted," you can choose another class, or attempt to get into the closed/restricted course.



You can often get into a closed/restricted class with very little effort!



Most international students find university life in the U.S. different than in their home countries. The professor will usually explain class policies and the grading system during the first meeting. This information will also be on the syllabus.

Attendance:

... is very important in most U.S. classes. Many professors take attendance each day, Failure to attend class regularly may result in a low grade for the class.

Tests:

... can be organized several ways. Questions may come from both readings & class notes. May be either multiple choice or essay format. If needed, you can purchase "Bluebooks" at the UNCG bookstore.

Class Structure:

A typical U.S. course will have 3 tests (including a mid-term & final) and at least 1 paper/essay. This system gives you many chances to increase your grade, but it also means that you may have to study more often for your classes

Informality

The informality of the American classroom often surprises international students. Professors encourage questions & open discussion.

Participation:

... is critical. Active participation in discussions and questioning the professor is expected and often included as part of your class grade.

Students dress very casually in t-shirts, shorts, & sweatshirts.

Be sure that you understand how your grade will be determined; if you are unsure, ask your professor.

Assignments, quizzes & papers:

.... may be given frequently. Each class may have reading assignments and graded work every week. Undergrad classes are rarely graded solely on 1 exam.

Preparation:

... is essential. Homework may be assigned for each lesson, often in the form of readings (25-100 pages), which must be done before class in order to participate in discussions.





Having Trouble?

UNCG offers **FREE** academic assistance to all students. Click on the name of any center for more information about the services offered.

Student Success Center :

Offers academic tutoring through its TASP program, and learning workshops through its OWLS program. The SIP program offers extra instruction hours in core courses (usually science).
McIver Building 104

University Speaking Center :

Offers help with public speaking and class presentations both online and in person. Also offers help specific to non-native speakers of English. MHRA Building 3211

The Writing Center :

Offers help writing papers, both online and in person. Will also answer quick writing questions via online chat. MHRA Building 3211

Career Services Center :

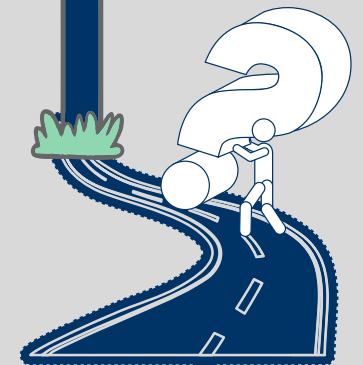
Offers multiple services to prepare students to choose and begin careers, such as aptitude tests, resume help, practice interviews, and job/internship searches. EUC #1 (bottom of building, near Subway)

INTERLINK Language Center :

Offers some free student services, like tutoring and conversation partner matching. Also offers a 9-week intensive English course for a fee of about \$3,000. Foust Building 025 (bottom of building)

GETTING

HELP!





It's a good idea to get to know students in your classes! They will help you get missed notes, will know what to expect on exams, and will often organize study sessions for a class.



You can also ask the departmental office of a class for names of students who could tutor you privately, which would cost about \$10/hour

You may also choose to shop at online bookstores, such as [amazon.com](https://www.amazon.com), [half.com](https://www.half.com), [chegg.com](https://www.chegg.com)

**PICK UP
YOUR
TEXTBOOKS
HERE**

Your School
your bookstore
www.bncollege.com

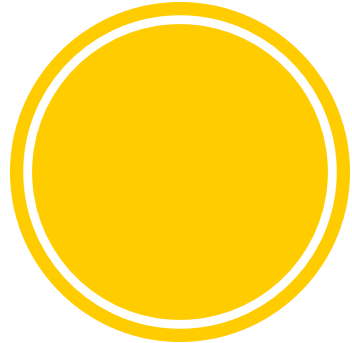
You may purchase your textbooks anywhere you like, but we recommend using the UNCG bookstore. Books can be quite expensive, so you may choose to buy used books rather than new ones if available.

The UNCG bookstore also offers rental books and some online books (ebooks). At the end of the semester, you may sell your books back to the bookstore, but don't expect to get the full price back.



A Note about Academic Integrity:

Academic Integrity issues are of great consequence and a student may be asked to leave school for a severe offense. Please [click here](#) to consult the UNCG Academic Integrity Policy.



You're here! Now what...?



This section will have advice about housing, getting a cell phone, transportation, and staying safe and healthy once you arrive.

CAMPUS LIVING

Living in the dorms on campus 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. Dorms can be loud and there is not much privacy. 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.



CAMPUS LIVING: I-House

UNCG has designated space in the Tower Village Residence Hall as the University International House (I-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.



The ROOMMATE :

While many international students studying in the U.S. have their first experience with a roommate, most Americans expect to live with another person during their college years and consider it part of the college experience.

Tips for living with a roommate:

>>In the first few days, talk with your roommate about how you each like to live: are you messy or neat? quiet or noisy? etc. Make some "ground rules" about visitors to the room, study time, sharing things, etc. You will find that your American roommate has tons of "stuff" and will probably be happy to share.

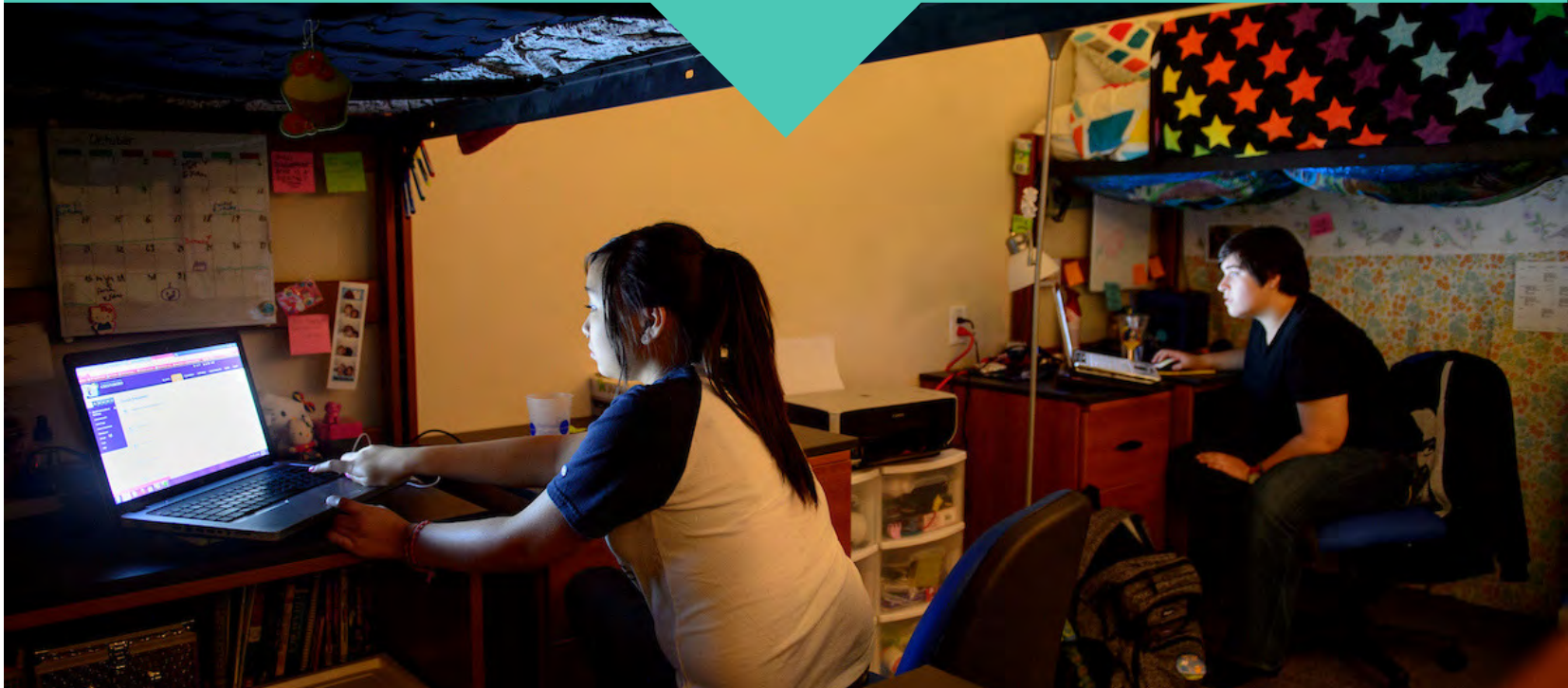
>>If problems develop, talk to your roommate at once! Don't wait until you are angry. If you can't get along with your roommate and feel that you can no longer live together, you can request a change from the Office of Housing & Residence Life . If you meet another person you would like to room with, you need to go to The Office of Housing & Residence Life together to request a housing change. Note: it is only possible to share a dorm with a person of the same sex.

>>This may be your roommate's first experience living and talking closely with someone from another country. They may not know much about your nation or have silly questions about it. Be patient with them and try to answer their questions. One of the benefits of your stay is that you will spread international awareness on campus.

>>Your roommate can be a great source of information and aid for you, too! They will know how to deal with problems that come up, and where most things are located at UNCG or in Greensboro. So, if you have a question or are confused, BE SURE TO ASK!

>>If your roommate invites you to visit his/her home or family/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.

>>Many UNCG students go home for the weekends, so if yours is a North Carolina resident, s/he will likely go home at least one weekend a month, giving you "alone time" in the dorm.



OFF-CAMPUS LIVING

Living off campus has many benefits—you have more privacy, less noise, and it is easier to study. However living off campus also has drawbacks—you will need transportation to campus and your bills can be higher.

If you decide to live off-campus in a private house or apartment, 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) and can be required to pay the rent for the entirety of your lease if you leave early. 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 as some students like to spend the summer traveling, studying or working before returning home.

You can find many options for roommates and housing off-campus online, but be careful about sharing information, as these are not affiliated with UNCG.

BEFORE YOU SIGN A LEASE, READ IT THOROUGHLY!! Be sure 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?

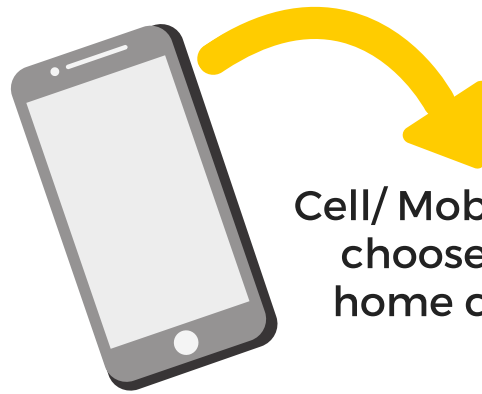
Finding an apartment can be a little difficult in Greensboro, but if you are patient and diligent you should be able to find something within a two-week period. Apartments within walking distance to campus will cost you anywhere from \$350 to \$800 per month, depending on the area, the landlords, and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





Communication

Skype is one of the most popular ways that exchange students communicate with friends and family around the world. Click here to access their free software, which lets you communicate through computer and internet connections for free, and offers cheap rates on national and international calling.

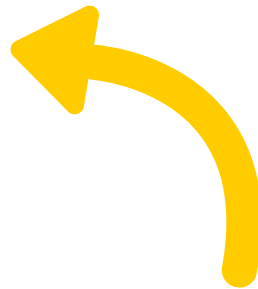


Cell/ Mobile Phone: Some exchange students choose to use their cell phone from their home country (if able), while others buy a U.S. cell phone.

Popular cell phone companies include: AT&T, Sprint, Verizon, T- Mobile, and CriKet, but many companies require a 2- year contract.


Large retail stores such as Target and Walmart may offer pre-paid or pay-as-you-go mobile phones with companies such as Motorola, T- Mobile, and Virgin Mobile. These allow you to buy inexpensive phones and purchase minutes of call time as needed.

Text messaging is popular in the U.S., but there may be limits or charges involved. Refer to your service provider to learn more.



Transportation

The U.S. does not have an extensive public transportation system like your country may have. Getting around town or traveling to other areas requires planning.



Etiquette for Riding with Friends:

The cheapest way to get around is to become friends with Americans who have cars!

Everybody has to go to the grocery store and do other errands, so most people will be happy to give you a lift when they go. However, before jumping into a friend's car, be aware that you may be expected to contribute to gas expenses. Even if someone offers to take you somewhere without you asking, make it clear from the beginning of the trip that you are willing to help pay for gas. Usually \$1-\$2 is enough for a short trip. Drivers will probably not accept money from you for every ride, but it is always polite to offer.

Or, if you often ride with the same person, you can offer to fill up their gas tank one day.

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 share the cost. During busy times, you may have to wait up to an hour for a taxi. If you use a taxi service, be sure to call ahead and pre-order one. There are several taxi services in Greensboro, which are easily found online or in the Yellow Pages of the phone book.

Rideshare services such as Uber and Lyft are also popular options, and may be cheaper alternative to taxis, but require a smartphone and credit card.

Transportation: Bicycling



Cycling in the U.S. is very different from other nations & bikes are mostly used for recreation. However, cycling is a cheap, healthy, and fun way to get around if you know the rules.

Cyclists must follow ALL traffic regulations issued by North Carolina.

Cycling is not allowed on most highways and is never allowed on the interstates.

American drivers may not be used to cyclists on the roads, so be careful!

You are required to use lights at night.

Wear bright clothing and a helmet for safety.

To purchase a used bicycle, try craigslist.com, or check out ReCycles or Revolution Cycles, both located near UNCG.

New bicycles can also be purchased (as low as \$100) at "superstores" like Walmart or Target.

If you have a smartphone and a credit card, you can use the LimeBikes around UNCG campus and Greensboro city for a small fee. [Click here for more info.](#)

Transportation: Driving

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 purchasing a car, talk to other international students and see if several of you would like to purchase one together, which will greatly reduce the total cost to each person.

A reliable used car costs \$2,000 to \$8,000. You will also need to pay tax and title /licensing fees (about \$150). You must buy insurance to drive in North Carolina, which can cost \$200 to \$1,000 per six-month period. Additional expenses include gasoline and maintenance or repairs

Buying a car can be risky. Be sure that the seller has a valid title (proves ownership) for the car in his/her name. Have a qualified mechanic inspect the car before you sign anything or give the seller any money. Most mechanics will do this for a small fee (\$50-\$75). Be aware that NC has "lemon laws" to protect car purchasers. If you buy a car and then discover it needs a lot of expensive repairs, you can get your money back even if you signed an "as is" agreement.



Driver's License: To drive in North Carolina, you will need your driver's license (written documentation and picture) from your home country. As a visiting student, you may not be permitted to possess a North Carolina driver's license. We recommend you obtain an international driver's license in English from your home country to carry with your normal driver's license. [Click here for more info.](#)

Transportation: Bus



Bus service in Greensboro is more limited and less reliable than in larger American cities of other parts of the world, but can be used to get to major commerce areas

HEAT buses provide transportation around UNCG and other colleges & universities in the city. They will also take you downtown or to nearby shopping areas.

HEAT buses are **FREE** to UNCG students, but you will need to show your student id to ride. [Click here for more info.](#)



Buses in Greensboro may be less frequent than in your home town/city. If you live off-campus and rely on buses to get to UNCG, you need to give yourself plenty of extra time. Buses run from UNCG and Tate Street to most major shopping areas. Bus schedules can be found online or at the information desk in the Elliot University Center

GTA city buses have a more extended network of routes, providing transportation to UNCG, downtown, and major shopping areas.

GTA buses are **FREE** for UNCG student with their student id card. [Click here for more info.](#)



Transportation: Beyond Greensboro

Buses: You can travel to nearby towns and cities in North Carolina via the regional bus service, PART (www.partnc.org).

To get to cities or states further away, you can use Greyhound, Inc. (www.greyhound.com).

The terminals for both are at 236 or 234 East Washington Street downtown.

Although it is probably the cheapest way to travel besides a personal car, travel times can be much longer, and bus terminals can be dangerous, especially at night.

Trains: Although more expensive than buses, trains are more comfortable and offer a great way to see the countryside.

The train station is at 236 East Washington Street and offers service by Amtrak (www.amtrak.com).
May require reservations.

To discover more of NC or the U.S., consider these options.

Airplanes: Air travel within the U.S. is widely available. Tickets will be cheaper if reservations are made in advance. The internet is an excellent source in helping you to find cheap airline tickets; some great websites are:

www.kayak.com
www.hotwire.com
www.cheaptickets.com
www.orbitz.com
www.expedia.com
www.studentuniverse.com

Car Rental: 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, though some agencies require you to be 25.

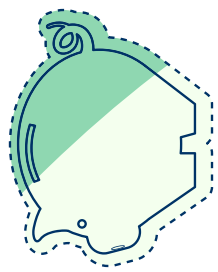
The Piedmont Triad International Airport (PTI) has a wide variety of rental car agencies, though the internet is also a good source for finding cheap rental rates.

Closer to campus is Enterprise Rent-A-Car (www.enterprise.com), at 501 Gate City Blvd.

Road Trips:

If you're interested in traveling around NC or the U.S., here are some popular destinations and travel times

Popular Destination	Travel Time by Car	Travel Time by Plane
Wilmington, NC (NC beaches)	3 hours	--
Charlotte, NC	1.5-2 hours	--
Asheville, NC (NC mountains)	3 hours	--
Boone, NC (NC mountains)	2 hours	--
Charleston, South Carolina	5 hours	--
Washington, D.C.	5-6 hours	1 hour
Atlanta, Georgia	6-7 hours	1.5 hours
New York City, New York	9-12 hours	1.5 hours
Orlando, Florida	8-10 hours	1.5 hours
Los Angeles, California	several days (40+ hours)	6.5 hours



Banking & Financial Matters

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 both 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.

Checking Account: If you bring a lot of money to the U.S., we recommend that you have a checking account during your stay. Many bills in the U.S. are paid with checks or bank cards, and opening an account is usually easy. If you plan to work on campus, you should open an account with direct deposit (info given at orientation)

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 allow you to deposit and withdraw money in person, at the bank, or from an ATM. The bank may give you temporary checks when you open your account. Some businesses won't accept these "starter checks", but the bank will help you order official checks with your name & address.

Many banks will issue you an ATM/ Debit card to withdraw cash from an ATM or use to make purchases that deduct from your checking account (like a credit card). Check with the bank about any limits on how much money you can spend/withdraw .

Savings accounts: Most banks offer accounts for larger amounts of money that allow you to earn interest on the account balance. If you are in the U.S. for one year, this may be a good option for you. However, the bank may restrict how often you can withdraw money from the account, so you will probably want a checking account too.



Banks usually ask for personal information before opening an account, such as official identification, local address, and overseas address.

Be sure to ask a bank official about any fees for your account.

If you have questions about what type of account is best, you can call the bank and schedule an appointment. Bring your identification and request a student account.

If you have questions about writing checks, using ATM/debit cards, ask a bank official or IPC



Banking & Financial Matters

UNCG 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 allowed free access to your account information over the internet through Wells Fargo PC Access. .During orientation, Wells Fargo representatives will be available to help you open an account and to answer questions.

*A \$5 monthly fee if you make more than 2 teller-assisted transactions per statement period. Teller-assisted transactions include deposits, withdrawals, cashed checks, and transfers made with a teller in a branch

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

Bank Services

Banks are typically open Monday--Friday, and a few have hours on Saturdays. Banks are closed on Sundays and public holidays.

You can expect to receive monthly or quarterly bank statements, mailed to your local address. However, most banks offer on-line banking that allows you to track your account on their website.

Most banks offer additional services for a fee, such as safe-deposit boxes, which are one way to securely store your passport and other valuable items.

ATMs (Automatic Cash Machines)

There are several ATMs on UNCG campus. Wells Fargo has two ATMs on campus. One is in the Dining Hall and the other is in the Elliott University Center (EUC). Bank of America also has an ATM in the EUC.

Paying Bills

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!

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.

Health : Insurance, Immunizations, & Disabilities

Immunizations:

All students at UNCG must have certain immunizations.

You must complete a Report of Medical History (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.

Your Tuberculosis (Tb) Skin Test must be administered in the United States or Canada. You must meet these requirements to study at UNCG.

Health Insurance:

U.S. government regulations require that you have sufficient health insurance coverage for yourself and your dependents while in the U.S.

All UNCG international students must either purchase the insurance offered through UNCG, or submit a waiver request to see if the student's own insurance meets the Department of State requirements.

Disabilities:

The United States values equality and fairness. Our international students with disabilities are encouraged to disclose their situation if requesting special accommodations for academic- related matters. To receive special accommodations, the student must register with the Office of Accessibility Resources & Services (OARS). [Click here for more info.](#)

Health : Treatment & Facilities

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 SHS.

ALWAYS KEEP YOUR MEDICAL INSURANCE DOCUMENTS WITH YOU ALONG WITH SOME IDENTIFICATION.

Gove Student Health Center

Student Health Services (SHS) will be able to provide most of your medical care during your stay. As an exchange student, your student health fee has been paid already, which allows you to use SHS without being charged for each visit.

You must bring your student ID when you visit SHS.

SHS has a pharmacy that sells over-the-counter and prescription drugs at a cheaper rate than regular pharmacies, but has a limited stock. You may take prescriptions from your home country to SHS, and if you get sick and need a prescription for medicine, a doctor at SHS will write a prescription for you.

If you are ill or injured, go to or contact SHS first. If it is closed or cannot handle your concern, please go to a preferred off campus health care provider. If your condition is not life threatening, please use a walk-in Urgent Care Centers, which is 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. SHS is designated as your primary care provider, so your deductible is waived.

For more information about SHS, including operating hours, [click here](#).

If you are traveling outside of Greensboro and need immediate medical attention, you should go to the health service in that area.

SAFETY

Life in the U.S. is not as scary as the media would like you to believe and you will probably never experience a crime during your stay.

Greensboro is one of the safest medium-sized cities in North America.

Follow general rules for living safely while in the U.S.
See the tips below.

*Keep your emergency card from IPC on you at all times.

*Take 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. 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.

*When in public parks keep to the paths and stay around large groups of people.

UNCG provides several **FREE** safety services for students. Click on any of them for more info:

UNCG Campus Escort:
walking escorts for students on campus after dark.

Spartan Chariot:
provides bus service around campus

UNCG Police:
Call at 336-334-4444, or use any of the Blue Emergency call towers on campus

*Know your surroundings and be alert at all times. 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.

*If you feel threatened, do not hesitate to call the police. Either at UNCG (336-334-4444) or City Police (336-373-2222).

***The national Emergency help number is 911**, which will connect you to the Police, Fire Department and Paramedics.



Dealing with Police



For most international students, police encounters are related to alcohol or traffic violations. If you find yourself in trouble with the law, please note the following advice:

Be as polite as possible.

Address officers 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 during traffic stops:

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

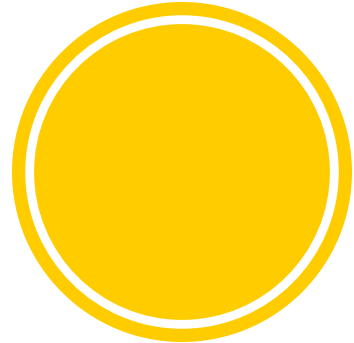
Keep your hands on the steering wheel if stopped while driving.

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

Do not argue with an officer or bargain your case.

Never ever offer a bribe.

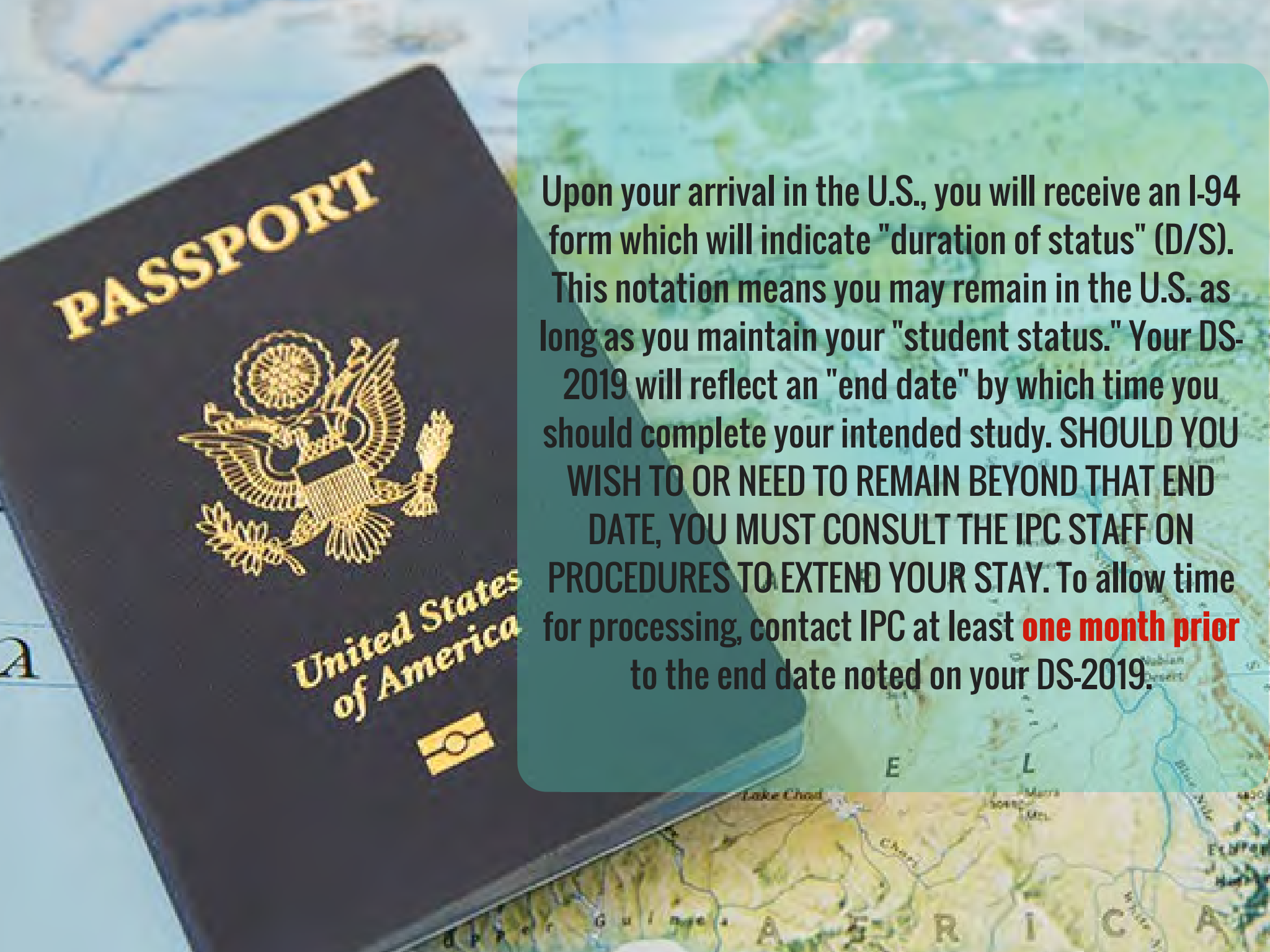
If a police officer feels threatened by your behavior, you will be handcuffed, and/or arrested.




Immigration & Government



This section will discuss official government policies like immigration, employment, taxes, and social security numbers.



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.



In order to maintain your status, you must be enrolled as a full-time student and maintain satisfactory academic standing as defined in the university catalogs..

Undergraduate student

full time=12 hours

Graduate student full

time=9 hours

***WEB courses do NOT count toward full time status. More details about this are covered during Orientation.**

Being a Tourist in the US

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. This is called the 30 day grace period.

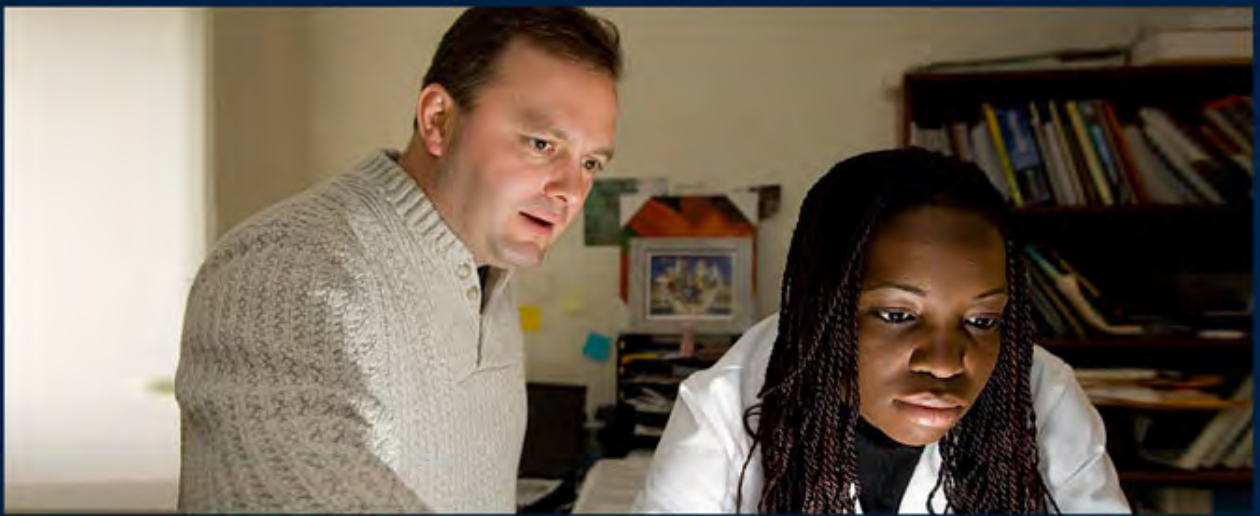
If you wish to remain in the United States for tourist reasons **after** the allowed time, you must apply to change to a "B" - visa non-immigrant status. To do so, complete an I-539 Application to Extend/ Change Nonimmigrant Status and submit it, along with the required fee* to the United States Citizenship and Immigration Services (USCIS). **THIS FORM MUST BE SUBMITTED BEFORE THE EXPIRATION DATE ON YOUR DS-2019.** Depending on the work load of the USCIS office, it is possible that the USCIS office will not have processed your request by the time of your departure from the United States. Consult the IPC staff for more details before you finalize your travel plans.

* For current fee information, please refer to the USCIS website: www.uscis.gov

Being a Tourist in the US

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.





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.

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 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.

The best place to look for employment is on the UNCG Student Employment office website. You may also contact a department directly that you are interested in working with to see if they have any current openings.



Academic Training

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.

If you are interested in Academic Training, you should make an appointment with the Incoming Exchange Coordinator to get the details.

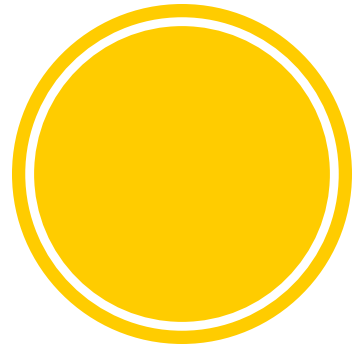
If you are authorized to work, you need not be subject to Social Security (F.I.C.A.) tax. It is your responsibility to inform your employer that you are exempt from Social Security tax. But you are subject to withholding and payment of federal and state income taxes (unless exempted by a provision of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

TAXATION

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.



Eating, Recreation & Social Life



This section will give you some advice for living in Greensboro, including tips on where to buy groceries, some good places to eat, and ideas for recreation and social activities.

Socializing is a great way to learn about American society and teach others customs in your country. The social scene in Greensboro offers something for everyone.

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!



PAL Program



IPC pairs exchange students with UNCG students. The PAL volunteers help exchange students transition to life at UNCG and in the US.

Many of the PALs have studied abroad or plan to in the future. You may communicate with your PAL by email before your arrival. Otherwise, you'll meet your PAL at the "Meet your PAL" event at UNCG the day before classes start. You will receive details about this event in your orientation schedule.



Friday Cultural Fest



IPC hosts a Friday Cultural Fest biweekly for international students to share their home country, culture and food with interested American students. This is particularly good for exchange students, to help promote their school for studying abroad.



The Elliott University Center (EUC) is the center of campus and student life. The building has an information desk, lounge areas, the bookstore, an art gallery, and dining areas for students.



The EUC offers student services, such as the box office (ticket office), meditation space, and the Office of Intercultural Engagement. [Click here](#) for more information.

The College of Visual and Performing Arts oversees many student ensembles, including choirs, orchestras, jazz bands, african drumming ensemble, and opera. [Click here for more information!](#)

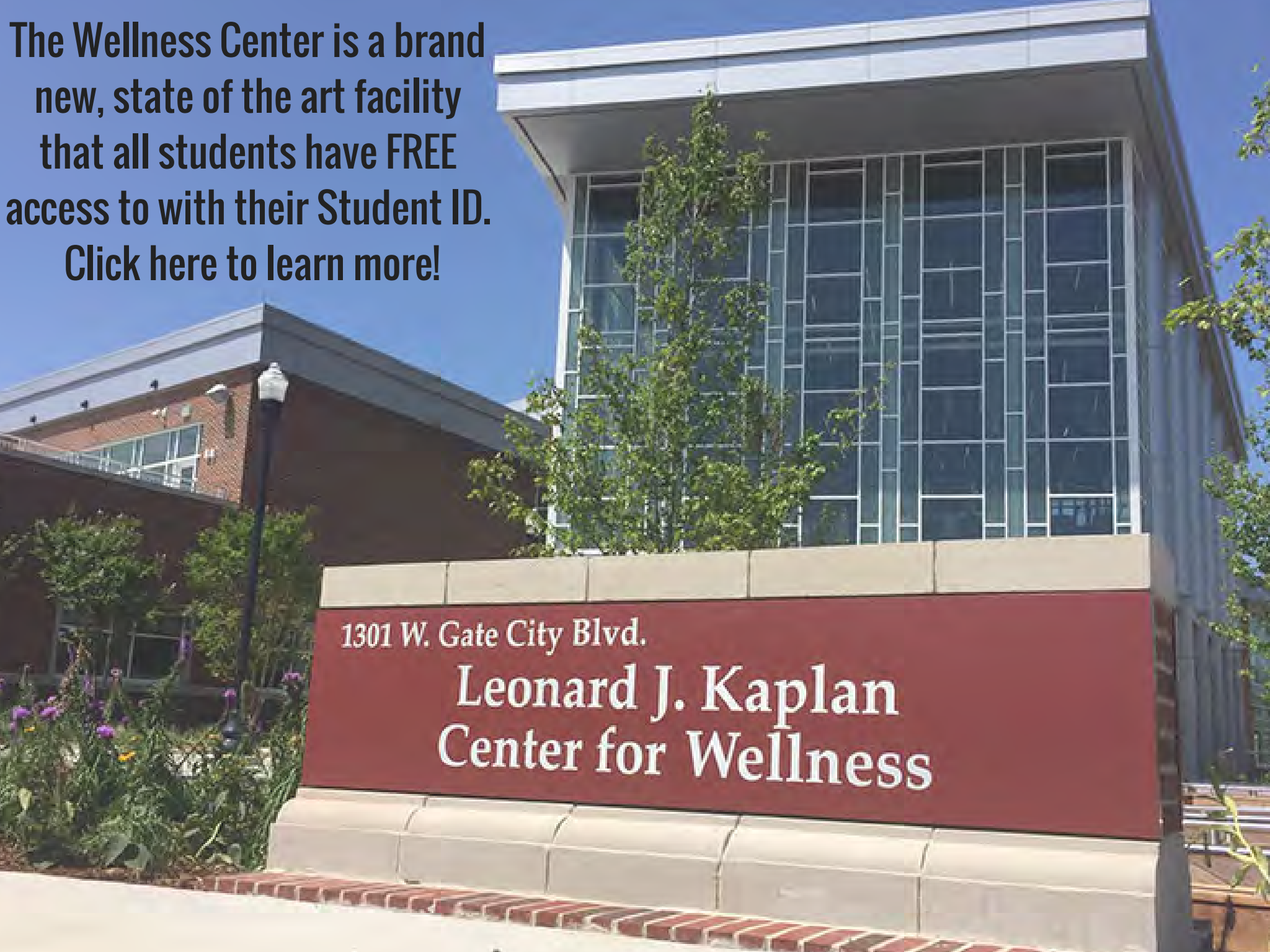


UNCG hosts a wide variety of performances on campus, including local and international acts. UNCG Auditorium, Taylor Theatre , and Brown Building Theatre all host performing arts. [click here for a list of performances.](#)

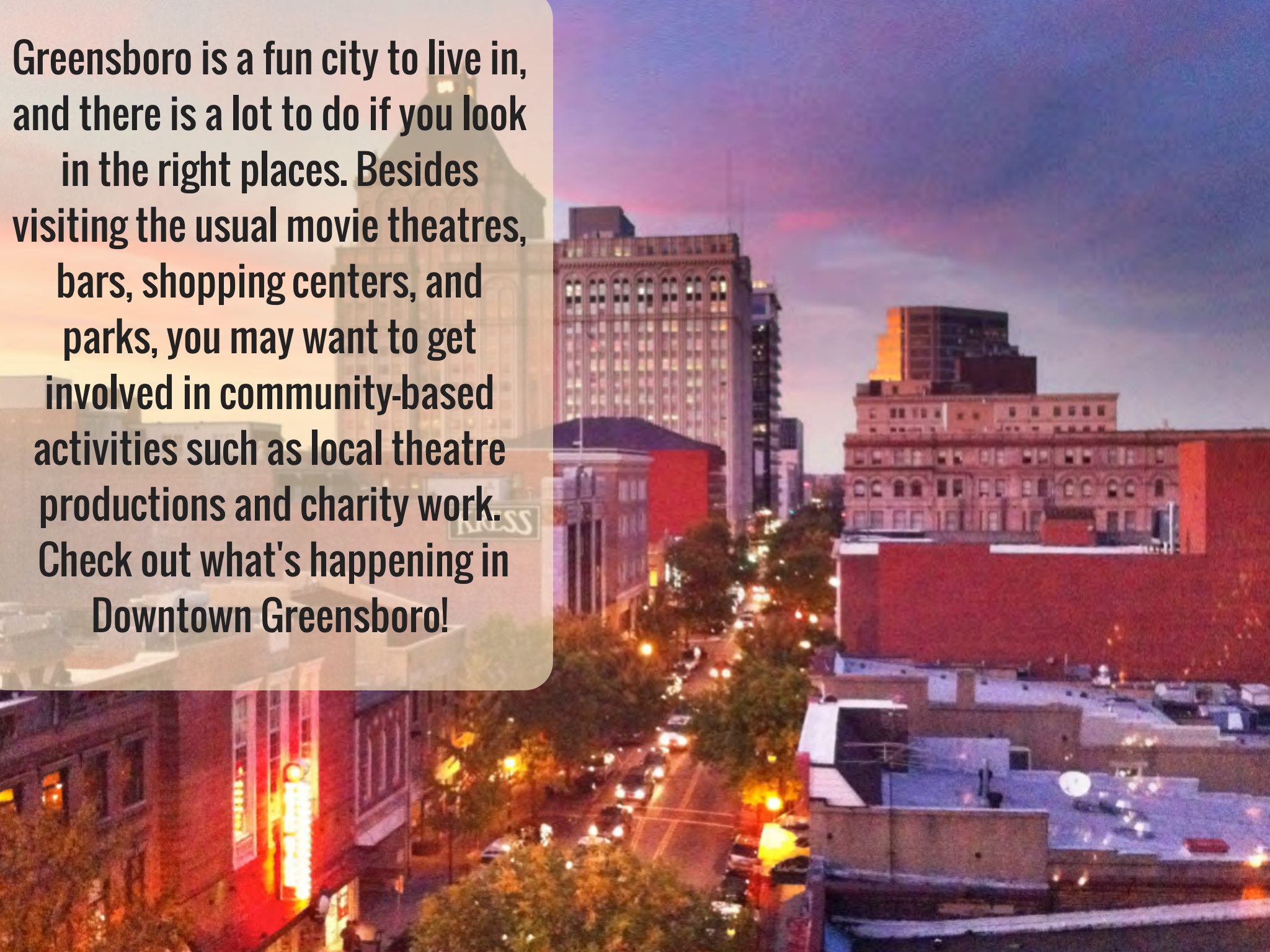
The Wellness Center is a brand new, state of the art facility that all students have FREE access to with their Student ID. Click here to learn more!

1301 W. Gate City Blvd.

**Leonard J. Kaplan
Center for Wellness**



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. Check out what's happening in Downtown Greensboro!





Greensboro contains a wide variety of churches, synagogues, and mosques. Many of these will even provide free transportation. If you would like to attend, just call and explain your transportation situation. Many have college-aged youth groups, which offer social and charitable activities. If you want to attend a church on campus, go to the Associated Campus Ministries Center at 500 Stirling Street.



**Greensboro has many parks to walk, jog
or play sports in, including:**

Lindley Park

Battleground Park

country Day Park

City Center Park

Lebauer Park

[Click here for more information.](#)

Dining and Shopping

Here's some useful vocabulary for shopping in the US

Grocery Store or Supermarket: sells fresh, packaged food, non-prescription medications, personal hygiene products, and some household supplies. Some have a pharmacy for prescription medications.

Farmers' Market: sells fresh local fruits, vegetables, pastries and crafts. Held every Saturday from 7am-12pm and on Wednesday mornings April through December. The market is at 501 Yanceyville St. 71 HEAT bus will take you nearby.

Department Stores: includes large discount stores, like Walmart and Target, that sell almost anything you can imagine, from bed linens to electronics. They are relatively inexpensive, and usually include a grocery section and pharmacy.

Convenience Store: sells limited food, basic medication (aspirin, cold medication), newspapers and magazine. These may be attached to gas stations or stand-alone, and there are several in walking distance of UNCG.

Pharmacy (CVS, Walgreens): sell all medications, plus personal hygiene products, basic household supplies and some food items. CVS and Walgreens are both near campus, at the intersection of Spring Garden and Aycock St.

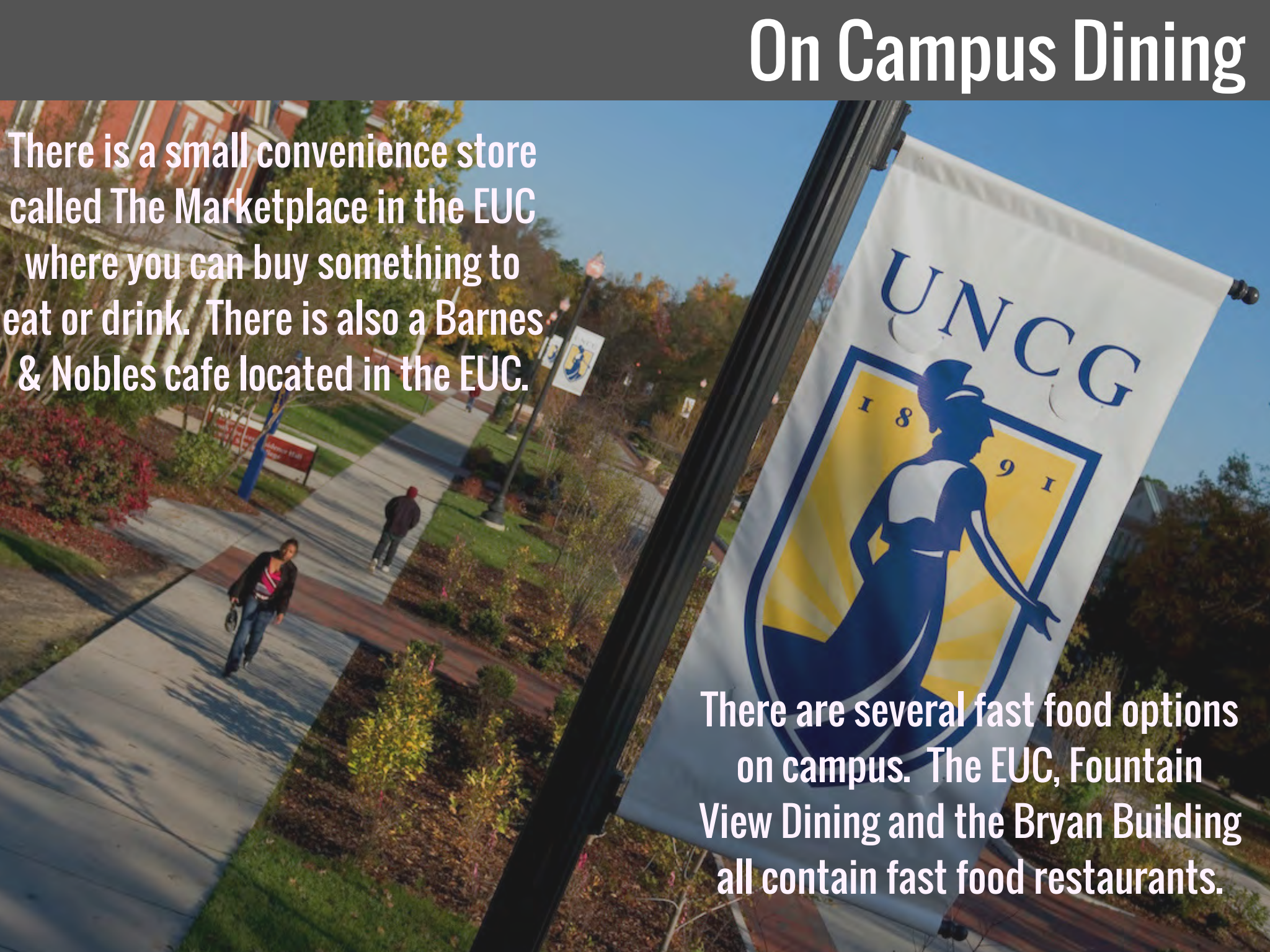
On Campus Dining

There are many dining options on campus. If you plan to use them regularly, you can buy a meal plan during orientation*. If you will only eat on campus occasionally, you can pay cash or with a card. [Click here for more information.](#)

*if you are living on campus, you are **required** to get a meal plan. More information provided at Orientation.

On Campus Dining

There is a small convenience store called The Marketplace in the EUC where you can buy something to eat or drink. There is also a Barnes & Nobles cafe located in the EUC.



There are several fast food options on campus. The EUC, Fountain View Dining and the Bryan Building all contain fast food restaurants.

The city of Greensboro offers lots of options for dining and shopping. [Click here for a list of local restaurants.](#)

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.