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# Guide To Student Life #1 Summer 2020

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### **Essential Resources**

This fall semester, even this year, will look like something we have never seen before. It will be difficult in ways many incoming students have not had to face before. That's why we partnered with multiple organizations and departments to provide some videos to introduce you to some resources like your college, SIS, Student Financial Services, Housing and Residence Life, Counseling and Psychological Services. Click [here](#) to watch and acquaint yourself with some essential resources!

- **Fall Semester Questions on COVID-19/Immigration?** (Quarantine, Visa, Housing, etc.)
  - Please visit our [COVID-19 and VISA Related Information](#) section.
- **Academic**
  - [UVA VPN](#) - access resources that may be inaccessible off grounds through downloading VPN! E-books, e-journals, and more from the UVA library and certain departments are only accessible off-grounds through VPN.
  - Google Chrome Extension - helps students, especially those from China, access resources while in their home country
    - Weibo [@Unblock\\_Youku](#)
    - Twitter [@Unblock\\_Youku](#)
    - Facebook <https://fb.com/uku.im>
  - [Writing Center](#) - can schedule appointments online for help and peer review; there are also resources for new writers, career-based writing and rhetoric, and internship and volunteer opportunities.
  - [Math Center](#) - holds zoom sessions for help with learning math topics.
  - [Center for American English Language and Culture](#) - English assessment and courses, writing center ESL tutoring, volunteers for English practice and consultation
  - [Office of Graduate & Postdoctoral Studies](#) - University-wide programs and support for grad and post-doc, holds professional development events specifically for international students
  - [Honor Committee](#) - Elected student representatives who oversee the Honor system and trial process
- **Networking/Career**
  - [Virginia Alumni Mentoring Network](#) - a service that matches you with UVA alumni mentors to guide you through job, internship, graduate school, and career decisions.
  - [Handshake](#) - a place to find applications for internships and jobs as well as networking events (both virtual and in person).
  - [VMock](#) - a digital service that gives you immediate feedback on your resume.
  - [Career Center](#) - UVA staff who can help you with resumes, job interviews, and everything in between!



- Semesterly Career Fairs
- Information on [Career Outcomes](#) and more!
- Newsletter for international students and by topic (Public Policy, etc.)
- **Research**
  - [Undergraduate Research Network](#) - a student organization that provides support for students to pursue extracurricular intellectual inquiry, independently or with faculty. We host grant-writing workshops and lab tours; maintain the UNLEASH database of research opportunities; coordinate UVA's Research Fair each fall; and organize the Symposium poster competition each spring. We also publish the Oculus journal in order to recognize and disseminate outstanding scholarship.
  - Departmental Websites' Research Page - departments will typically list ongoing research projects on their school websites! Make sure to get in contact with them, typically emailing with your name, intended major, background in research (even taking related classes), and passion for their area of interest.
  - [USOAR](#) - a UVA office that provides grants and programs for all undergraduates. Additionally, USOAR provides the opportunity to get involved in research for first year, second year, and transfer undergraduates who are eligible for Federal Work Study.
  - [Office of Undergraduate Research](#)-an office that provides advice, grants, and programs related to research.
- **Physical/Mental Health and Supportive Resources:**
  - CAPS
    - 24/7 Crisis, Emergencies, and Appointments: (434) 243-5150
    - Both [Individual](#) and [Group Therapy](#) (there is usually an international students support group during semesters)
  - [Maxine Platzer Woman's Center](#) (located on The Corner)
    - Offers free confidential counseling
      - Counselors are not '[Responsible Employees](#)'
    - Has individual, group, and couples counseling for a large range of issues relevant to college and beyond
    - Can refer to medical, academic, and other support services
      - (434) 924-2103
  - [Office of African American Affairs](#)
    - Peer Advisor Program
    - Specialized mental health resources for black-identifying students
  - [Contemplative Sciences Center](#)
    - A center at UVA committed to student flourishing; the CSC offers guided meditations and mindfulness sessions on Grounds (and virtually), discussions on racial justice, and more.
  - [Multicultural Student Services](#) and [LGBTQ Student Services](#)
    - Promotes inclusion and engagement for historically underrepresented students.



- [Student Disability Access Center](#)
    - Academic accommodations and accessibility services for students.
  - [Student Health](#)
    - Offers wide range of health and wellness services for all students, most services are covered by comprehensive student fee, takes all insurance
  - [Office of the Dean of Students](#)
    - Overall support for student life. Housing & residence life, orientation & new student programs, engagement, safety.
    - Dean on Call: +1 434-924-7133 M-F 8am-5pm, +1 434-924-7166 after hours.
    - [Just Report It!](#) Report any incidents at UVA, including virtual.
  - [Hoos Connected](#)
    - Program for first years and transfer students to help them feel more connected to other students on Grounds (a great way to meet people)
  - [SilverCloud](#)
    - A free online mental health tool that helps manage stress, anxiety, sleep, and depression.
  - [NAMI on Grounds](#)
    - A student organization made up of individuals with mental health obstacles and allies dedicated to activism, education, and support. The organization has regular discussion about the nuances of mental health, identity, and culture as well as ways to promote accessibility and awareness regarding mental wellness while helping each other.
  - [Peer Health Educators](#)
    - PHEs are UVA-trained students on confidentiality, facilitation, health, health awareness, and supporting others. Feel free to ask them to talk to your student organization, talk to you personally in a patient education session (learn how to [register for a session](#)), or [attend their Wellness Events](#).
  - [Green Bandana Project](#)
    - Informal network of students who have green bandanna tied to bags – signaling that they are people with some knowledge of mental health resources on Grounds/are a friendly person to talk to.
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## **Student Organizations for Cultural, Diversity, and International Student Support**

Look up through [@uva](#)

### **Major Student Organizations (and contacts)**

[Honor Committee](#)

[Staff and representatives](#)

[Student Council](#)

[Executive Board](#)

[University Guides](#)

[UGuides](#)

[University Programs Council](#)

[Executive council members](#)

[University Judiciary Committee](#) [UJC representatives, investigators, counselors, and educators](#)

### **Transfer-Oriented Organizations**

[Transfer Student Peer Advisor](#)

### **International Student Specific Organizations**

Global Greeters *That's us! Reach out to any of [our current greeters](#)*

International Buddies

Bharatiya Council

### **Religious Organizations**

Asian InterVarsity Christian Fellowship

Baha'i Association

Chi Alpha Christian Fellowship

Hindu Students Council

OneWay InterVarsity Christian Fellowship

Orthodox Christian Fellowship

Seek His Face

Sikh Students Association

Virginia Interfaith Coalition

Yahweh Ministries

### **Discussion-based Organizations**

Bringing Race Into Dialogue with Group Engagement

PULSE

Sustained Dialogue

### **Cultural Singing & Musical Organizations**

Black Voices Gospel Choir

Ektaal A Capella

Remix A Capella

Society for the Promotion of Indian Classical Music and Culture Amongst Youth



### **Cultural Dance Organizations**

APEX Dance Crew  
East Coast Showdown  
HooRaas  
Jazba  
K-Edge Dance Crew  
Sharaara  
Sitaare  
The Hooligans: Breakdancing Club  
University Salsa Club  
Virginia Ke Aashiq  
Zeta Phi Beta Sorority (Tau Theta Chapter)  
Zeta Zeta Chapter of Sigma Delta Pi

### **Multicultural Greek Life**

Alpha Kappa Delta Phi (Sigma Chapter)  
Alpha Phi Alpha Fraternity (Iota Beta Chapter)  
Delta Sigma Theta Sorority  
Gamma Sigma Tau Fraternity  
Kappa Alpha Psi Fraternity (Eta Sigma Chapter)  
La Unidad Latina Lambda Upsilon Lambda Fraternity (Alpha Epsilon Chapter)  
Lambda Phi Epsilon - Alpha Tau Chapter  
Lambda Theta Alpha Latin Sorority (Gamma Alpha Chapter)  
Multicultural Greek Council  
National Pan-Hellenic Council  
Omega Psi Phi (Lambda Zeta Chapter)  
Phi Beta Sigma Fraternity (Zeta Eta Chapter)  
Sigma Gamma Rho Sorority (Theta Lambda Chapter)  
Sigma Psi Zeta Sorority (Lambda Chapter)  
Sigma Omicron Rho (Alpha Chapter)

### **Cultural Organizations**

Afro-Latinx Student Organization  
Arab Student Organization  
Asian Business Club at Darden Business School  
Asian Leaders Council  
Asian Pacific American Law Students Association  
Asian Student Union  
Association of Bangladeshi Students  
Batten Latinx Network  
Bhakti-Yoga Club  
Black Business Student Association



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Black Commerce Student Network at McIntire  
Black Graduate and Professional Student Organization  
Black Student Alliance  
Black Student-Athletes Offering Service and Support  
Brazilian Student Association  
Central Americans for Empowerment at UVA  
Chabad Jewish Heritage Student Association  
Chapter of the National Organization of Minority Architecture Students  
Chinese Student Association  
Chinese Students and Scholars Society  
CHN Yearbook Committee  
Daniel Hale Williams Pre-Health Honor Society  
Darden African Business Organization  
Darden Dance Club  
Darden Jewish Student Association  
Darden Latin American Student Association  
Darden South Asia Society  
Deafness Education & Awareness for Students  
Diversity in Nursing for a Better Community  
Dream Corps International  
Ethiopian Eritrean Student Association  
European Society - Darden School of Business  
Fashion for a Cause  
Friends of Appalachia  
Global Business and Culture Club  
Global Development Organization  
Global Student Council  
Hablemos Spanish Conversation Club  
Hillel Jewish Leadership Council  
Hispanic American Network at Darden  
Hoos for Israel  
Indian Student Association  
International Student Inc  
Iranian Student Association  
Japan Club  
Jewish Law Students Association  
J Street U at the University of Virginia  
Kluge-Ruhe Aboriginal Art Collection  
Korean Student Association  
Lambda Law Alliance  
Latin American Law Organization at UVA  
Latino Medical Student Association at the University of Virginia



Latinx/Hispanic Peer Mentor Program  
Latinx Graduate Student Alliance at UVA  
Latinx Leadership Coalition  
LatinX Student Alliance  
Latinx Student Network at McIntire  
Liberty in North Korea  
LingXi Chinese Theatre  
Mainland Student Network  
Middle East and Islamic Student Association at Darden  
Middle Eastern and North African Law Student Association  
Minority Rights Coalition  
Minority Rights Coalition of North Grounds  
Mixed Race Student Coalition  
[Multicultural Services](#) (Centers: Multicultural Student Center, LGBTQ+ Center, Interfaith Center, Latinx Student Center)  
Muslim Law Students Association  
Muslim Students Association  
National Association for the Advancement of Colored People at UVA  
National Association of Black Engineers at UVA  
National Association of Black Journalists at UVA  
Native American Student Union  
Nepali Student Association  
[OAAA](#) (Office of African American Affairs)  
Organization of African Students  
Organization of Young Filipino Americans  
Pakistani Students' Association  
Paul Robeson Players  
Persian Cultural Society  
Polish Student Association  
Political Latinxs United for Movement and Action in Society  
Pride at McIntire  
qMD  
Queer Student Union  
QuestBridge Scholars at the University of Virginia  
Shotokan Karate Club at the University of Virginia  
Singapore Students Association  
Society of Asian Scientists and Engineers  
Society of Culturally Competent Pre-Health Students  
Society of Hispanic Professional Engineers  
Student Global AIDS Campaign  
Student Organization for Caribbean Awareness  
Students for Peace and Justice in Palestine





Tae Kwon Do Club  
Taiwanese Student Association  
Tamil Student Union  
Taste of Home  
Thai Student Organization  
The Hellenic Society  
The Lebanese Club at UVA  
The Q\* Anthology of Queer Culture  
The Student Hip-Hop Organization  
Towards a Better Latin America  
Turkish Student Association  
Undergraduate Black Law Students Association  
undocUVA  
Vietnamese Student Association  
Virginia Anthropology Society  
Virginia South Asian Law Students Association  
Volunteers with International Students, Staff, and Scholars (Madison House's VISAS Program)  
Women of Color at Virginia Law

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### **COVID-19 and Visa Related Information**

- **COVID-19 Info:**
  - For questions about visa and immigration regulations, please review the [ISO- ISSP updates webpage and town hall recordings](#). You can also connect with an ISO advisor by emailing [issp@virginia.edu](mailto:issp@virginia.edu) or [scheduling a virtual appointment](#).
    - **Global Greeters cannot answer questions or give advice related to immigration and visa regulations.**
  - Questions about fall semester? Late arrival, required quarantine, etc.
    - Quarantine - [vpsa@virginia.edu](mailto:vpsa@virginia.edu)
    - Visa - [issp@virginia.edu](mailto:issp@virginia.edu)
    - Housing - [housing@virginia.edu](mailto:housing@virginia.edu)
    - Academics - students should speak to their school/department about how they can start online and then come in person
  - [UVA FALL 2020 STUDENT RESOURCE SITE](#) - a lot of helpful information for students for fall, including FAQs, health measures, and coursework
- **Facts About COVID-19 (according to WHO)**
  - People should NOT wear masks while exercising.
  - The likelihood of shoes spreading COVID-19 is very low.
  - Drinking alcohol does not protect against COVID-19 and can be dangerous.
  - Adding pepper to your soup or other meals DOES NOT prevent or cure COVID-19.



- COVID-19 is NOT transmitted through houseflies.
- Spraying and introducing bleach or another disinfectant into your body WILL NOT protect you against COVID-19 and can be dangerous.
- Drinking methanol, ethanol or bleach DOES NOT prevent or cure COVID-19 and can be extremely dangerous.
- 5G mobile networks DO NOT spread COVID-19.
- Exposing yourself to the sun or temperatures higher than 25°C DOES NOT protect you from COVID-19.
- Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from COVID-19.
- The COVID-19 virus can spread in hot and humid climates.
- Taking a hot bath does not prevent COVID-19.
- The COVID-19 virus CANNOT be spread through mosquito bites.
- Ultra-violet (UV) lamps should NOT be used to disinfect hands or other areas of your skin.
- Vaccines against pneumonia DO NOT protect against the COVID-19 virus.
- Rinsing your nose with saline does NOT prevent COVID-19.
- Eating garlic does NOT prevent COVID-19.
- People of all ages can be infected by the COVID-19 virus.
- Antibiotics CANNOT prevent or treat COVID-19.

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### **Preparing to be a Work-from-Home Student**

<https://advising.virginia.edu/resources/preparing-remote/>

<https://www.connectedmobile.co/blog/tips-for-studying-or-working-from-home>

- If possible, create/find a separate space in your home that is for school/work, one that is distraction-free, open view.
- Create a schedule. Online learning means self-discipline, so it's helpful to allocate time for classes, assignments, and other tasks.
- Write down your tasks either in a planner or on your computer, somewhere you have easy access to. Organize them based on what you find useful (e.g. due date, priority level, categorizing by classes).
- Try to [alternate between sitting and standing while working](#); research recommends trying to stand for at least 15 minutes out of every hour. It's better for your body and mind!
- Take breaks! It's good to step away from screens, stretch out your body, get snacks, stay hydrated, go outdoors, etc.
- Use online resources to your advantage (e.g. [UVA Library Database](#)).



- Remember to take notes just like in a traditional classroom.
- Maintain social connections as online learning can be lonely at times. Don't forget to connect with friends and family!

**Recommended social media accounts to follow to stay connected to on Grounds Activities:**

**UVA Official**

- Uvaissp
- Uva.ic
- UVAGlobal
- Lotluva
- Madisonhouse
- Mss\_uva
- Sustainableuva
- Uva
- Uva\_caps
- Uvacollege
- Uvacsc
- uvadeanj
- UVA Dining

**UVA Official (*Continued*)**

- Uvalgbtq
- Uvalibrary
- Uvaodos
- Uvawomenscenter
- Virginiasports

**Interesting, Unofficial UVA**

- Bonnycatuva
- Hoowithaview
- Pupsofuva
- thesquirrelsofuva
- Uva\_skies
- Uvamissedconnections

**UVA Student Groups**

- Globalgreetersatuva
- Cavalierdaily
- Csscaturva
- Hoo\_crew
- Uvaupc
- Wuvamedia

**Very Unofficial UVA**

- UVA2024

**Mental Health**

- The\_happy\_broadcast

**List (gentle jokes) of how to experience dorm life at home:**

- Eat a raw bagel while staring longingly at a sunset
- Try and domesticate the squirrels in your neighborhood
- Leave dirty dishes in your communal sink and deny them as yours
- Move into your sibling's room to get that "roommate" experience
- Use a shower caddy to bring toiletries from your bedroom to your bathroom
- Stack a bunch of textbooks near your desk to get the "feel" of studying in the stacks
- Make your lawn into *the* Lawn -- just building a clay scale model of buildings

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**Tips & Tricks to On Grounds Student Life**

**Essential UVA Apps:**

- Facebook and Instagram
- GroupMe (similar to whatsapp)
- TransLoc (bus schedule)



- MobileID (to get into your dorm and building without your ID card)
- DuoMobile
- Google Maps (for tracking how long it will take to walk to class!)
- Grubhub (Order food on Grounds so that you don't need to wait in a queue!)

- **Great (and hopefully not so crowded) study areas on Grounds**

Note: These resources may not be accessible during 2020-2021 due to COVID-19

- The Music Library
  - Tucked in the basement of Old Cabell, you have to follow a series of signs (kind of like a treasure hunt) to reach this study spot, but it's totally worth it! This is probably the quietest, least crowded study spot with comfy chairs and plenty of tables.
  - Old Cabell also has small, sound proof cubicles available where students can play piano and other musical instruments – in case you want to take a study break!
- The Rotunda (Dome room!)
  - Studying in the Rotunda Dome room is kind of a rite of passage – everyone should study there at least once! You have to climb a couple of flights of steps to reach it, but it is an especially prestigious place to study! There's usually tables set up on the main floor, but the best seats are located in the “gallery” which gives you an expansive view of the entire room.
- Rice Hall
  - If you are planning to be a Computer Science major/minor, you will be in this building a lot. Rice Hall is one of the newer buildings on Grounds and is located near the first year dorms. Rice has a lot of great study nooks and many windows (letting in a lot of natural light and giving you some charming views to do your ENWR work by)
  - Bonus: Rice hall also has an Einstein Bros Bagels where you can use meal exchange/plus dollars to get a tasty bagel sandwich when you need a study break
- The Stacks at Clark Hall
  - Clark hall is just a great space to study period (The main entrance has gorgeous murals and coffee shop, there's an entire room of cubicles with comfy study chairs....what's not to love about Clark?), but the main areas can get a little crowded. The Stacks (located in Clark's basement) tend to have much more space and are a great place to study. The Stacks are quiet and cozy (you feel like a real academic surrounded by so many books!)--you can get a lot of work done!
- Maxine Platzner Lynn Women's Center
  - Not many people know that the Women's Center has some great study spaces (which are open to everyone regardless to gender)! Located across



from Corner, the Women's Center is a little bit off the beaten path, but worth a visit!

- The Women's Center also has many great programs and volunteer opportunities that will enhance your University experience. They also have an emotional support dog named Poe that makes regular appearances.
- Mem Gym
  - Sounds strange to suggest studying in a Gym, but Mem Gym has some surprisingly nice study areas (far away from the people getting their daily workout in). If you travel to the second floor, there's a nice secluded lounge area.
  - Mem Gym is also just a great place to get a work out! It tends to be a little less crowded than the AFC gym.
- The Gardens
  - Adjacent to the Lawn (also a nice place to study, but a little more crowded), these Gardens are beautiful and secluded. There are benches in some, but generally it is a good idea to bring a beach towel so you can stretch out. It's a very peaceful place to read or have a mindfulness break between classes.
- The Dining Halls at non-peak hours
  - When it's not lunch or dinner time, the dining halls can be a great place to study! There's music playing and usually some students scattered around, but it's usually not very crowded so it's easy to find a corner to get set up in. These are particularly good places to go if you're someone who doesn't like complete quiet but doesn't want to be around anything/anyone too distracting.
  - \*\*not sure how well this will work with the restrictions being put on public spaces and dining specifically for next semester but wanted to add anyway
- **List of UVA Lingo (plus defs):** *find more [here!](#)*
  - O'Hill + Croads
    - The Observatory Hill Dining Hall (known as "O'Hill") and the Cross Roads food court (known as "Croads") are the main food options located near to first year dorms – you can use meal swipes and plus dollars here and Croads stays open well past midnight.
  - The Corner
    - Generally, the shops along University Avenue (roughly from Bodo's Bagels to Mellow Mushroom)
  - Grounds
    - "Grounds" is synonymous with "campus"
  - First year, Second year, Third year, Fourth year



- We don't use the standard US freshmen, sophomore, junior, senior nomenclature – the idea is that you are “a student for life” and UVA is just the start of of your life education
- The Motels
  - The name given to the Alderman Road suite-style dorms – everyone knows what these dorms are and explaining that you live there gives you respect – they aren't great, but you can take pride in them
- Lime (verb and noun)
  - Basically any electronic scooter is called a “Lime” and to ride an electric scooter is referred to as “Liming” – In a sentence “I limed to the Saturday Market to grab some food”
- Mad Bowl
  - The grassy field across the street from the Fralin Art Museum and down hill from several old fraternity houses – many events including rugby and quidditch games are held here
- Hotels + The Range
  - The Lawn is central to the University with the Rotunda and Old Cabell on either side of it – lining the lawn is faculty housing known as “Hotels” – some hotels have meeting rooms in the back for clubs, etc. (people do live in hotels though so don't just walk in!) – each Hotel has a garden that is accessible to students – beyond the Gardens is housing for graduate students called “the Range” (it kind of encases all of the Lawn)
- The Pav
  - Short for “The Pavillion,” the lower level of Newcomb Dining Hall
- **Exploring the Charlottesville area (at a distance!)**
  - The Paths around Observatory Hill
    - There are many hiking paths right next to first year dorms! Whether you are looking for a quick hike to unwind from a stressful school day or a longer, more serious hike to do with some friends, there's a hiking path for you around Observatory Hill!
    - See the path [here!](#)
  - Rock climbing at Slaughter recreation center
    - In addition to the Memorial Gym and AFC on Grounds, another great place for sports lovers is the slaughter recreation center located a few more minutes away from the Observatory Hill dining hall. They have all kinds of sports facilities, and even a rock climbing center!
    - <https://recsports.virginia.edu/src>
  - Open Nights at the McCormick Observatory
    - Whether or not they will have open nights this semester is still TBD, but typically every first Friday of the month, the historic McCormick Observatory is open to the public! Even if you can't go this year,



McComerick open nights is something you should definitely do before you graduate! You can look through the telescopes and view planets and distant galaxies!

- Humpback Rocks (or Humpback Mountain) \*\*\*
  - Humpback Rocks is about a half hour drive from Charlottesville and is a great little hike – perfect for a picnic with some close friends and has some great views for Instagram!
  - Humpback Mountain is a much longer and a bit more challenging of a hike – if you and your friends are the outdoorsy and/or adventurous type with some hiking experience, this is a great trail with fantastic views of the Blue Ridge Mountains.
- Monticello (the Grounds surrounding Monticello)\*\*\*
  - Monticello is the historic home of the UVA's founder Thomas Jefferson (just a 12 min drive from central Grounds). If you are a history buff or just really want to better understand the US (or the creation of UVA specifically), make sure to check out this UNESCO World Heritage Site! Students get free admission to Monticello on select days. (I would specifically suggest the "Slavery at Monticello" tour for those looking for a deep dive in history).
  - Even if historical homes are not your jam, there are extensive hiking trails surrounding Monticello that are beautiful and worth checking out.
- Kluge-Ruhe Aboriginal Art Collection of UVA\*\*\*
  - About a 12 min drive from central Grounds, the Kluge-Ruhe Aboriginal Art Collection is a little known "hidden treasure." The "only museum outside Australia dedicated solely to Indigenous Australian art," the Kluge-Ruhe boasts unique art that you won't easily find anywhere else. The staff at the Kluge-Ruhe are exceedingly kind and extremely knowledgeable (they also mentioned they would love it if more students visited and studied there!). There are many interesting programs hosted at the Kluge-Ruhe year round, including talks and exhibitions by indigenous Australian artists.
- The Downtown Mall
  - The lovely Charlottesville downtown area boasts many unique, locally owned businesses, including fantastic restaurants featuring diverse cuisines. Before you graduate, be sure to check out a show at the historic Paramount Theater! While Mall activities will have to be more limited this year, the Downtown mall is still worth visiting now as a nice place to walk and to check out local businesses to visit later.
- The Saturday Farmers Market
  - Every Saturday, vendors from all over the state come to the Charlottesville Saturday market to sell their goods. This includes everything from organic produce and flowers to T-shirts, felted animals, and stickers to



jewelry and hand blown glass ornaments—there’s something for everyone at nearly every price range. Even if just to grab a great meal from one of the many food trucks and do some window shopping, the Market is a must visit. Currently the market is operating online due to COVID (you have to order products in advance and pick them up on Saturday), word on the street is that the organizers are trying to organize a “social distancing” market soon.

- Morven Farms\*\*\*
  - The Morven Kitchen Gardens is a UVA student run farm about 19 min away from Grounds! If gardening is your thing, you can volunteer to work there! Or if you love to cook, you can buy a stake in the Morven [csa](#). Morvan also holds events throughout the year (like an outdoor movie, a speaker series, etc.).
- Carter Mountain Orchard\*\*\*
  - Perhaps best known for their legendary Apple Cider Doughnuts, Carter Mountain is a UVA classic. In the fall, you and friends can travel 15 min from Grounds to pick fresh apples and get fresh doughnuts.
- The Fralin Art Museum
  - A great little art museum located right next to the articulture school -- has amazing art collections and programs that rotate throughout the year

\*\*\* You’re going to need a friend with a car to access these. If you can’t do them your first year, make sure to do them later!

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### **Homesickness Tips**

- Stay in touch with family and friends through social media and phone calls/texts; schedule weekly video chats
  - Get busy with extracurricular activities (sports, clubs, etc.)
  - Find favorite spots on Grounds (e.g., coffee shop, library, garden)
  - Explore your new town (e.g., try new restaurants, visit local museums)
  - Don’t be afraid to talk about being homesick with someone you trust (friends, CAPS, a professor, etc.).
  - Keep a journal of feelings and/or daily life
  - Bring pictures and things from home to decorate your room to help it feel more homey and comfortable/familiar
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### **Global Greeters' Favorite Classes**

**ANTH 2250** *Nationalism, Racism, Multiculturalism*: you gotta talk about these issues in such a period, and - prof Handler plays jazz in class

**ARH 2700** *Thomas Jefferson and American Architecture*: Professor Nelson makes both Thomas Jefferson and architecture extremely approachable for students at all levels of experience. The environment is extremely close knit and interactive for a class of eighty people. The assignments are interesting and fair, and lecture content gripping for anybody interested in better understanding Jefferson's complicated legacy. ARH 2700 enabled me to come to terms with UVA and Jefferson's history - the good and the bad - which I was keen to learn about as an international student. It was probably the most intellectually stimulating experience of my first year.

**ASTR 1210** *Introduction to the Sky and Solar System*: I took this class with Prof. Ed Murphy -- Amazing! This class is basically a celebration of science! You learn cool skills (like how to spot constellations) and about basic scientific phenomena in your day to day life that you've never noticed before! Changes how you view the world!

**CS 1010** Great for students who want to learn basic programming but do not expect to do further work in computer science (fairly easy class). Office hours are very helpful for the weekly assignments and the teacher Craig Dill is super nice and enthusiastic!

**EVSC 1450** *An Inconvenient Truce: Climate, You and CO2*: An introductory class on climate change that is very relevant and important to understand. Learn about the climate crisis, why it's happening, its effects, and how to combat it! Deborah Lawrence is also a renowned climate scientist.

**GERM 1010-2020** The German courses are amazing! The profs really take the time to know you and they have great community building events (like a coffee hour every week!)

**GSVS 2150** *Global Sustainability*: Overview of sustainability and it's very interesting to look at sustainability in the lens of different topics such as energy, food, water, or clothing. Super good class if you're interested in this field and want to get involved in UVA Sustainability.

**JAPN 1010-3020** The Japanese courses at UVA are so awesome! Don't miss language courses at UVA, they are genuinely treasures.

**KINE 3660** *Neuroscience of Exercise*: An easy dive into neuroscience and its applicability to real life (concussions, neuro-motor diseases, developmental concerns, etc.), I have found this course to be one of the most interesting this semester.



**PSYC 2600** *Introduction to Social Psychology*: This course teaches how psychology relates to various types of social situations, and how much we are influenced by those around us. It is very relevant and meets a number of requirements or pre-reqs.

**STAT 1601** *Intro to Data Science with R*: As an introductory coding class, Prince Afriyie really does his best to make classes engaging (even in the online format), and going to his office hours will show how much he cares about his students and willingness to help them a lot. The course itself assumes no knowledge of coding and statistics, and will help in adjusting to future coding classes!

Note: Please take care of yourself and take the time to learn about your mental wellbeing! From taking **Professor Seidel's COLA** on mindfulness to taking a **Religious Studies class on flourishing**, we believe there is inherent value in taking classes that are focused on mental health, mindfulness, stress, and related topics. A list has already been provided through [the Contemplative Sciences Center's list of courses related to their mission](#) for each semester.

A great resource for navigating classes is [Lou's List](#), and a list of recommendations from all of UVA is [The Course Forum](#). <https://www.msnatuva.org/hoosmyprofessor> is also a great resource developed in recent years. <https://vgrades.com/uva> contains grade distributions from every UVA course taught in the past five years.

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### **Global Greeters' Favorite UVA Traditions**

- First year formal in November
  - Rush during winter break for sororities and after winter break for fraternities
  - The Good Old Song, the school anthem, is sung at football games.
  - The halloween tradition: Trick or Treating with C'ville kids on the lawn
  - Tubas from the Marching Band caroling outside for hours
  - The Lighting of the Lawn in December (acapella music and lighting up the Rotunda). You can livestream from home!
  - Springfest: an event with music, food, fun, and entertainment put together by UPC
  - CultureFest during family weekend
  - Organization of Young Filipino American's (OYFA) Barrio Fiesta in the spring: dancing, food, magic
    - Many cultural orgs have similar large events in the spring to celebrate their heritage.
  - Secret societies (P.S. Global Greeters has one, so you should join in order to be eligible for the famed Order of the Globe)
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## **Packing List for International Students**

Packing is often difficult, even if you've been away from home before! That's why you should check about any restrictions you'll have while travelling; see how many carry on bags and luggage you can take with you to Virginia without additional costs. Also, there is likely to be a limit to how much each baggage can weigh, so make sure to weigh your bag as you add items. If it exceeds the limit, consider whether you have included too many non-essential items. After all, you can always buy things once you arrive in Charlottesville!

We have included a list of items that you will likely want to have with you as you settle into Charlottesville. Remember: you don't have to have all of these items when you leave for or arrive in Charlottesville! You can even buy certain items like computers through Cavalier Computers, which includes a warranty that covers repairs for accidental damage ([https://www.uvastudentcomputers.com/site\\_why.asp](https://www.uvastudentcomputers.com/site_why.asp)).

### **Essentials**

Visa documentation  
Updated I-20 form  
Passport  
I.D.

### **Electronics**

Adapters  
Phone  
Phone charger  
Laptop  
Laptop charger  
Headphones  
Camera (optional)  
Speakers (optional)

### **Footwear**

Running Shoes  
Boots  
Other shoes of choice

### **Layers**

Rain jacket  
Winter coat  
Clothes

Slippers (optional)

Shirts, long sleeve  
Shirts, short sleeve  
Pants  
Shorts  
Dresses/skirts

### **Medicines & First Aid**

Any medication or prescriptions  
Adhesive bandages, antibiotic ointment  
Contact lenses, if you wear them

### **Toiletries**

Shower shoes (cheap flip-flops)  
Hairstyling products  
Toothpaste and toothbrush  
Comb/brush  
Tweezers  
Nail clippers  
Hair dryer/straightener/curling iron  
Razor and shaving cream  
Lotion



INTERNATIONAL  
STUDIES OFFICE

### **Miscellaneous**

Photographs  
Umbrella  
Earplugs  
Eye mask  
Favorite Reusable Face Mask  
Wall art/posters

### **Can Buy At Destination**

Feminine hygiene products  
Paper towels, cleaning products  
Clothes hangers  
Bed sheets and blankets  
Towels  
Rainboots