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Guide To Undergraduate Student Life Summer 2022

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Dear New Global Hoos,

Congratulations and welcome to the University of Virginia! We hope you enjoy your time here at UVA. To help you adjust to life on grounds, Charlottesville, and the US, we've created this guide for all of you to use before arriving, during orientation, and even throughout your college career.

This guide will not contain all the information and resources that exist at the university, but we encourage you to explore past this guide and ask your newfound friends, faculty, staff, and community members for advice. College life will not be the easiest transition but do take every step to have fun, keep safe, and make Charlottesville a new home for the time being. We understand this process is going to be scary for many people, so we're here to guide you throughout and answer any questions you've got.

The UVA community is welcoming, so do not be shy or embarrassed to ask if you're lost, need help, or just want a recommendation! We're also one big community, so regardless of where you come from or who you are, we are sure that you will be able to find your place here. This guide contains a lot of information, but don't be overwhelmed. We hope you find this guide helpful and we look forward to seeing you on grounds!

Sincerely,

[The 2022 Global Greeters Team](#)



Essential Resources

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!

- **Academic**

- [UVA VPN](#) - access resources that may be inaccessible off-grounds through downloading a 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 Collaborative Learning Center](#) - holds zoom sessions for help with learning math topics.
- [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
- [Speaking Center](#) - The Speaking Center provides students with the highest quality service to assist them with their communication skills so that all Virginia students can realize their full oratorical potential.

- **International Student Specific Programming**

- [Lorna Sundberg International Center](#) - A division of the International Studies Office that offers programs and services to enhance the experience of UVA's international students, scholars, faculty and families
- [Center for American English Language and Culture \(ESL\)](#) - English assessment and courses, writing center ESL tutoring, volunteers for English practice and consultation
- [Volunteers with International Students, Staff, and Scholars \(ESL\)](#) - practice English together, meet new people, build meaningful relationships, and learn about other cultures through the VISAS program which serves international members of the UVA community



- [Multilingual Outreach Volunteer Effort \(ESL\)](#) - assist with small translating and interpreting requests from Charlottesville-area non-profit community-based and educational organizations, as well as units within UVA
- **Networking/Career**
 - [Virginia Alumni Mentoring Network](#) - a service that matches you with UVA alumni mentors to guide you through various 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:**
 - [Counseling and Psychological Services](#)
 - 24/7 Crisis, Emergencies, and Appointments: (434) 243-5150
 - Both [Individual](#) and [Group Therapy](#) (there is usually an international students support group during semesters)
 - [TimelyCare](#)
 - 24/7 virtual, wraparound mental health care at no cost which include:
 - TalkNow: 24/7, on-demand access to a mental health professional to talk about anything at any time. Students can connect to



- TalkNow within minutes to discuss any level of concern, from conflicts with roommates to more serious mental health crises.
- Scheduled Counseling: 12 scheduled telehealth counseling visits with a licensed mental health provider, either in Virginia or the rest of the U.S.
 - Psychiatry: Scheduled appointments available through referral by CAPS or a TimelyCare counselor.
 - Group Sessions: Weekly Guided Meditation and Yoga Group sessions, plus specialized discussions throughout the year.
- [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](#) and Wellness
 - Offer wide range of health and wellness services for all students, most services are covered by a comprehensive student fee, take most insurances
 - [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 discussions 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 in confidentiality, facilitation, health, health awareness, and supporting others. Feel free to ask them to talk to your student organization or attend their Wellness Events.
- [Bandana Project at UVA](#)
 - 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 friendly people to talk to. Follow them on Instagram! (@bp_atuva)

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

Lorna Sundberg International Center

Religious Organizations

Asian InterVarsity Christian Fellowship



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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 Dancing 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)



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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
Bharatiya Council
Black Business Student Association
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
Cultural Organization for Latin Americans
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



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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
Japanese Student Association
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 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
Muslim Law Students Association
Muslim Students Association
National Association for the Advancement of Colored People at UVA
National Association of Black Engineers at UVA



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National Association of Black Journalists at UVA
Native American Student Union
Nepali Student Association
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



COVID-19 and Visa Related Information

- **COVID-19 Information:**

- Country-wise

- As of June 12, 2022, Center of Disease Control and Prevention (CDC) no longer requires air passengers traveling from a foreign country to the United States to show a negative COVID-19 viral test or documentation of recovery from COVID-19 before they board their flight
 - Check CDC website for more up-to-date information since the pandemic is rapidly evolving and CDC guidance is updated frequently
- CDC recommends COVID-19 primary series vaccines for everyone ages 6 months and older, and booster shots for everyone ages 5 years and older
- If you receive COVID-19 vaccines outside the United States, whether you are up to date depends on which COVID-19 vaccine and how many doses you received
 - Learn more about when [people vaccinated outside the United States are considered fully vaccinated](#)

- In University community

- All members of the University community must comply with policies and procedures designed to keep the community safe
- COVID-19 Vaccination and Testing:
 - All students, full-time and part-time, are strongly encouraged to receive their first two doses of COVID-19 vaccine and a booster dose following the CDC recommendation
 - Currently, it is NOT required to provide proof of vaccination and boosters
 - As of March 2022, prevalence testing is no longer required for unvaccinated students
 - Any students with [symptoms of COVID-19](#) should isolate and make a testing appointment at Student Health and Wellness using the [HealthyHoos patient portal](#)
 - Students who have been in [close contact](#) with someone who tested positive for COVID-19 should follow [VDH guidance](#) and make a testing appointment at Student Health and Wellness using the [HealthyHoos patient portal](#)
- Face masks:
 - Wearing masks is optional in UVA properties and on public transportation, with the following exceptions: in UVA Health and



Student Health and Wellness Center clinical spaces or where patient care is provided

- International travels:
 - Student international travel for university-related purposes, including study abroad, is no longer restricted due to COVID-19
 - Check International Studies Office (ISO) [website](#) and [COVID Considerations page](#) for more information regarding COVID-19 and international travels
 - Further information can be found [here](#)
 - **VISA information:**
 - International Students & Scholars Program (ISSP) has a lot of helpful information on its [website](#)
 - For questions regarding visa and immigration regulations, please review the ISSP website linked above
 - Students can also schedule an appointment with ISO-ISSP advisor [here](#)
 - Global Greeters **cannot** answer any questions or give advice related to immigration and visa regulations
-

Tips & Tricks to On Grounds Student Life

Essential UVA Apps:

- Facebook and Instagram
- GroupMe (similar to whatsapp)
- TransLoc (bus schedule and bus lines)
- 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!)
- Venmo (pay friends for anything)
- Veo (to use and pay for the shared electric scooter across Grounds/nearby off-grounds)
- Some Academic Tips
 - UVA Collab site is where most of your professors post assignments, resources, and the syllabus. If they are early, some professors start uploading the syllabus in early August. Some post 1 day before the first day of class so don't panic if you don't see your class page yet!
 - If the syllabus is uploaded for your class, read through it carefully and note if there are any supplies (textbook, books, apps) that you need to have ready
 - Professors usually have links to buy textbooks. You can also ask upperclassmen if they have old textbooks that they are selling



- Check, check, check your **UVA email** frequently prior to the first day of class. Instructors may send out important announcements that you would want to know.
- You can (and it is recommended!) go to the class that you are waitlisted for in case you do get off the waitlist so you won't be behind.

- **Great (and hopefully not so crowded) study areas on Grounds**
 - 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, soundproof cubicles available where students can play piano and other musical instruments – in case you want to take a study break!
 - Practice modules can be reserved [here](#)
 - 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!
 - Chemistry Building



- The Chemistry Building was recently renovated and has super nice study tables throughout its 1st, 2nd and 3rd floors. Whether you are looking to study in between classes/labs or just want a change of scenery, this location is perfect as it is right across the Old Dorms. Occasionally, there is a dog (a “Chem Pup”) that makes a visit!
- Maxine Platzer Lynn Women's Center
 - Not many people know that the Women’s Center has some great study spaces (which are open to everyone regardless of 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 to enhance your University experience. They also have an emotional support dog named Poe that makes regular appearances.
- Memorial Gymnasium
 - It 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 workout! 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.
- **List of UVA Lingo (plus definitions):** *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 primary food options located near 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)
- In a sentence: Hey, wanna grab food on the *Corner*?
- Barracks
 - The area with a lot of shops and food places just up the street on Rt. 29. Walking distance from The Law School and Darden School. Easily accessible by bus from most undergraduate housing areas.
- Grounds
 - "Grounds" is synonymous with "campus"
 - In a sentence: I'm a first year, so I live on *Grounds*, but I am planning on living in an apartment off-*Grounds* next year.
- 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 your lifelong journey of 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
- 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
- Lawn
 - The grassy area in front of the rotunda. People bring blankets to play frisbee, hang out, study and relax here. Fourth-years who live in the rooms facing the Lawn are called "Lawnies".
- 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
- The College
 - Short for The College of Arts and Sciences
- E-School
 - Short for The School of Engineering and Applied Sciences
- A-School



- Short for The School of Architecture
- RA
 - Abbreviation for Resident Advisor. Every student living on Grounds has a Resident Advisor (RA) who lives within their residential community. RAs are supervised by a Senior Resident (SR) who oversees an entire building or residential area. RAs are a great resource. They are there to help you settle in and feel at home in your residence.
- **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
 - The historic McCormick Observatory is open to the public on the FIRST and THIRD Friday nights of every month (except holidays) year-round. Admission is free but registration is required. Found out more [here](#). You can look through 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 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.
- 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. Morven also holds events throughout the year (like an outdoor movie, a speaker series, etc.). Find out more [here](#).
- Carter Mountain Orchard***
 - Perhaps best known for their legendary Apple Cider Doughnuts, Carter Mountain is a UVA classic. In the fall, you and your 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 architecture 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 in your first year, make sure to do them later!

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, take hikes/walks)
- Don't be afraid to talk about being homesick with anyone (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
- Talk to students who have similar experiences as you (most students will feel homesick at some point also!)
- Bring some ingredients that may not be as available here to cook with to get a taste of home

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 the lecture content are 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.



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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 (a 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 get to know you and they have great community-building events (like a coffee hour every week!)

GSVS 2150 *Global Sustainability*: Overview of sustainability it's very interesting to look at sustainability through the lens of different topics such as energy, food, water, and 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 genuine 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 prereqs.

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!

STAT 2120 *Intro to Statistical Analysis*: This intro stats class will teach you some of the basics of statistics, and will be a good foundation for any technical degree.



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ECON 2010-2020 *Principles of Micro/Macro Economics*: The intro micro and macro econ courses taught by Elzinga and Coppock respectively are great introductions to the field!

HIUS 3490 *From Motown to Hip-Hop*: A great historical perspective into the history of African American music since the early 20th century. You will learn about many great and influential musicians, including Michael Jackson and Kanye West.

SLAV 2360 *Dracula*: A great dive into Slavic history and mythology and looking at its effects on American media. One of the most recommended classes to take here, anyone you ask who has taken this class will say it is a must-take.

ANTH 1010 *Introduction to Anthropology*: A great introductory course taught by really passionate and knowledgeable faculty looking at the study of human life.

COMM 1800 *Foundations of Commerce*: Required class for those looking to get into McIntire school of commerce

MDST 2200 *Introduction to Film*: Interested in film and movies even a little? This is the class for you. Taught by one of the best professors you'll find at UVA, it is not a big course load and can be a lot of fun!

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://vagrades.com/uva> contains grade distributions from every UVA course taught in the past five years.

In general, branch out! Many students end up majoring in something completely different from what they originally were planning on studying, so try many different classes to get a sense of different departments. This will help you get a real sense of what you like and dislike academically.

Global Greeters' Favorite UVA Traditions

August:

- Wahoo Welcome Events - from concerts to convocation, come to as many events as you can to meet new people from all across grounds.
- Fall Activities Fair -

September:

- Football Season - Catch a home game in Scott Stadium and cheer on our athletes! You also get the chance to sing the Good Old Song with many of your peers.

October:



- Family Weekend and CultureFest - Invite your family to come down to watch a football game and also join in on a celebration of cultural performances and more at CultureFest, organized by the University Programs Council.
- Trick or Treating with local Charlottesville kids on the lawn

November:

- First-Year Formal - Planned by the First Year Council, join your friends in a night of food and dancing.

December - February:

- Lighting of the Lawn - Normally occurring the evening before the last day of fall semester classes, there are a cappella music and dance performances that lead up to the lighting up of the Rotunda
- Rush during winter break for sororities and after winter break for fraternities
- First snow normally occurs around this time - come out to the lawn, bring a sled, join snowball fights!

March:

- Many cultural organizations have similar large events in the fall and spring to celebrate their cultural heritage.

April:

- Springfest: an event with music, food, fun, and entertainment put together by UPC

May:

- Final Exercises - Watch any of your graduating friends walk the lawn for the final time!

Other Traditions:

- Streaking the Lawn
- Getting the #1 Ticket for Bodo's Bagels
- Scream before the First Day of Finals
- Painting Beta Bridge
- Run with President Jim Ryan; Check out @presjimryan on Instagram for more information
- Secret societies (P.S. Global Greeters has one, so you should join in order to be eligible for the famed Order of the Globe)

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 traveling; 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 what you have included too many non-essential items. After all, you can always buy things once you arrive in Charlottesville! P.S. Global Greeters will host shopping trips before classes start so keep an eye out for that :)

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).

For bigger items such as fridge and microwaves, coordinate in advance with your roommate if you are able to. You can also rent them through the UVA Bookstore (info [here](#)). Most upperclassmen (non-first year) housing comes with a fridge and microwave, but do check.

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

Clothes

Rain jacket
Rain boots
Winter coat
Slippers (optional)

Medicines & First Aid

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

Bath

Shower shoes (cheap flip-flops)
Towels
Shampoo (just enough for when you arrive. You can buy a bigger bottle later)
Shower caddy (a bag to carry all your stuff to the bathroom)
Hairstyling products
Toothpaste and toothbrush
Comb/brush
Tweezers
Nail clippers
Hair dryer/straightener/curling iron
Razor and shaving cream
Lotion

Bedding

Bed sheets and blankets
Pillows

Optional Stuff



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Shirts, long sleeve

Shirts, short sleeve

Pants

Shorts

Dresses/skirts

Work-out (exercise) clothes

School Stuff

Backpack

Water bottle

pencils/pens

Notebook/paper

Other study materials

Photographs

Masks

Wall art/posters

Umbrella

Earplugs

Eye mask

Can Buy At Destination

Feminine hygiene products

Paper towels, cleaning products

Shampoo

Clothes hangers

Housing and Residential Life also has a general list of things to pack [here](#). If you are living in On-Grounds housing, pay close attention to items that are prohibited. Also check out what is already included in your On-grounds room here by searching [here](#).