

The Global Compass

A Guide for International Students at the University of Pittsburgh

For a full electronic copy of the Global Compass, visit
www.studentaffairs.pitt.edu/GlobalCompass

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Introduction

Welcome to the University of Pittsburgh!

The Global Compass: A Guide for International Students at the University of Pittsburgh is a resource to assist you with your transition to life in the United States and Pittsburgh. The Global Compass provides information about dealing with culture shock and cultural customs you will encounter in the U.S. In addition, this guide will tell you everything you need to know about life at Pitt, an overview of Pittsburgh neighborhoods, and much more. The University of Pittsburgh is here to support you and wishes you all the best in your academic pursuits. We hope that Pitt and the City of Pittsburgh truly become your “home away from home.”

For a full electronic copy of the Global Compass, visit

<http://www.studentaffairs.pitt.edu/GlobalCompass>

International Student Resources

Keep this information with you as you settle into life at Pitt. Below are the offices that work closely with international students and will be able to answer your questions or refer you to other campus resources. If you have any questions regarding immigration or your status as a student, please contact the **Office of International Services (OIS)**. They are located in 708 William Pitt Union (WPU) but can be reached by email (ois@pitt.edu); website (www.ois.pitt.edu); or telephone (412.624.7120).

Global Ties

617 William Pitt Union (WPU)

Globalt@pitt.edu

412.648.7833

www.globalties.pitt.edu

The Global Ties program was created as a means to cultivate a more inclusive campus for undergraduate international students in a manner that is relevant and specific to their needs. Our goal is to welcome our new undergraduate international students into our campus community and foster a true sense of



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Global Ties

belonging and support. Some Global Ties programs includes the Global Getaway Retreat, Halloween party, off-campus trips (i.e. Snow Tubing, Baseball games, Black Friday shopping), and more.

GRADUATE STUDENTS: Although the majority of our programs are for undergraduate students, we do occasionally invite **graduate students** to our events. To keep up-to-date with the Global Ties events, join the Global Ties Mailing List by emailing us (globalt@pitt.edu) or visit our Facebook page for graduate students ([Pitt.Grad.GlobalTies](https://www.facebook.com/Pitt.Grad.GlobalTies)).

Looking for a Mentor? - UNDERGRADUATE ONLY

New incoming international undergrads are welcomed to have a Global Ties leader, known as the International Outreach Committee, as a mentor. Global Ties leaders are current domestic and international Pitt students who strive to make the University more welcoming to International students. If you are interested in reading the profiles of our International Outreach Committee members, please visit: <http://www.studentaffairs.pitt.edu/Outreach>

Cross Cultural and Leadership Development (CCLD) - UNDERGRADUATE ONLY

6th Floor, William Pitt Union (WPU)
<http://www.studentaffairs.pitt.edu/cclid>

The mission of the Cross-Cultural component of CCLD is to assist in the development of students through programs that increase cultural awareness and subsequently their understanding, cultural competencies, as well as to help them become more socially responsible. CCLD is a place where students, particularly underrepresented groups of students, can seek support and guidance as they pursue in and out of the classroom experiences and education on the pathway to graduation from the University of Pittsburgh.

Special Thanks

Thank you to everyone who helped research and compiled this guide.



Things to Know Before Arriving to the United States

Arrival Expenses

Please plan ahead! You should budget extra money on hand for your first weeks here to cover such possible expenses as hotels, food and general setting-up costs. Try to bring the majority of your money as credit cards or traveler's checks. We do not recommend carrying large amounts of cash with you. Traveler's checks and credit cards can be replaced; cash is gone forever.

Airport Security

Airport security has become very strict. If you haven't traveled into or out of the USA recently or at all, you will find that some of their rules are detailed and sometimes hard to follow. They are only doing this in order to prevent another disaster, and they are not out to insult or harm you. You can go to the TSA (Transportation Security Administration) to review their rules and regulations. If you feel as though they are not following the rules, you have a right to speak up and tell someone. The Office of International Services at Pitt will provide you with information regarding what to do/ what to show when traveling through customs and borders protections.

www.tsa.gov

Lost Luggage

If the airline loses your bags, don't immediately panic. They can usually recover your lost bags within a week. If they cannot, they will give you money for what they lost. They will also pay for anything you had to replace while you were without your luggage, so be sure to keep receipts as they will need those in order to reimburse you. Also, go to the airline's website to read about their policy on lost luggage. The website below has some other helpful tips.

<http://www.independenttraveler.com/travel-tips/troubleshooting/lost-luggage>

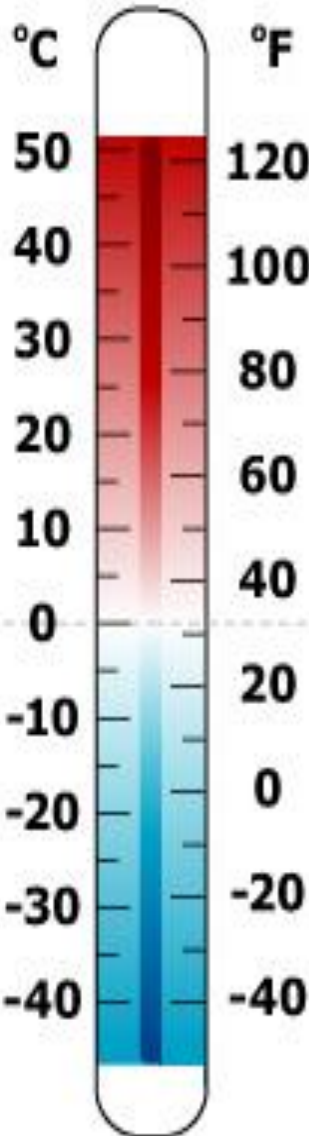
Currency Conversion

The value of one country's currency in terms of another currency or the rate at which one currency will be exchanged for another is called the exchange, forex, or FX rate. Currency rates continuously change along with a country's economic activities, but many websites provide easy, free methods for individuals to calculate live currency and foreign exchange rates.

Don't forget to check currency conversion rates before you arrive, as the rates change very quickly and can affect your budget. Many area banks will exchange money for you, but it's best to call ahead to make sure. Online Currency Converter: <http://www.xe.com/ucc>

Seasons & Average Temperatures

Temperature is measured in degrees Fahrenheit in the United States as opposed to degrees Centigrade used more commonly around the world. This is a simple conversion formula: $(F \text{ degree} - 32) \times 5/9 = C \text{ degrees}$. Pittsburgh possesses a climate with abundant precipitation throughout the year and four strongly defined seasons. Buying rain boots and a strong umbrella would be a smart purchase. Average High Temperature (July): 82.5° F & Average Low Temperature (January): 20.8° F



Metric Conversions

Length

1 centimeter (cm) = 10 millimeters (mm)

1 inch = 2.54 centimeters (cm)

1 foot = 0.3048 meters (m)

1 foot = 12 inches

1 yard = 3 feet

1 meter (m) = 100 centimeters (cm)

1 meter (m) \cong 3.280839895 feet

1 furlong = 660 feet

1 kilometer (km) = 1000 meters (m)

1 kilometer (km) \cong 0.62137119 miles

1 mile = 5280 ft

1 mile = 1.609344 kilometers (km)

1 nautical mile = 1.852 kilometers (km)

Area

1 square foot = 144 square inches

1 square foot = 929.0304 square centimeters

1 square yard = 9 square feet

1 square meter = 10.7639104 square feet

1 acre = 43,560 square feet

1 hectare = 10,000 square meters

1 hectare = 2.4710538 acres

1 square kilometer = 100 hectares
1 square mile = 2.58998811 square kilometers
1 square mile = 640 acres

Speed

1 mile per hour (mph) = 1.46666667 feet per second (fps)
1 mile per hour (mph) = 1.609344 kilometers per hour
1 knot = 1.150779448 miles per hour
1 foot per second = 0.68181818 miles per hour (mph)
1 kilometer per hour = 0.62137119 miles per hour (mph)

Volume

1 US tablespoon = 3 US teaspoons
1 US fluid ounce = 29.57353 milliliters (ml)
1 US cup = 16 US tablespoons
1 US cup = 8 US fluid ounces
1 US pint = 2 US cups
1 US pint = 16 US fluid ounces
1 liter (l) = 33.8140227 US fluid ounces
1 liter (l) = 1000 milliliters (ml)
1 US quart = 2 US pints
1 US gallon = 4 US quarts
1 US gallon = 3.78541178 liters

Weight

1 milligram (mg) = 0.001 grams (g)
1 gram (g) = 0.001 kilograms (kg)
1 gram (g) = 0.035273962 ounces
1 ounce = 28.34952312 grams (g)
1 ounce = 0.0625 pounds
1 pound (lb) = 16 ounces
1 pound (lb) = 0.45359237 kilograms (kg)
1 kilogram (kg) = 1000 grams
1 kilogram (kg) = 35.273962 ounces
1 kilogram (kg) = 2.20462262 pounds (lb)
1 stone = 14 pounds
1 short ton = 2000 pounds
1 metric ton = 1000 kilograms (kg)

Life in the United States

Culture Shock

**The primary source of information for this section is the U.S. Department of State's guide, "If You Want to Study in the United States: Getting Ready to Go," published by the Bureau of Educational & Cultural Affairs.*

Culture shock is the process of adjusting to a new country and a new culture, which may be dramatically different from your own. You no longer see the familiar signs and faces of home. Climate, food, and landscapes, as well as people, and their ways all seem strange to you. Your English may not be as good as you expected. You may suffer, to an unexpected degree, from the pressures of U.S. academic life and the fast pace of your new life. If you feel this way, do not panic. Culture shock is not unusual when you are adjusting to living in a new city, let alone a new country! With time it will subside, but in the meantime we've included helpful information on American culture and tips on dealing with culture shock.

If you are an undergraduate student, you can also contact Global Ties, who is a great support for you. It is recommended that all new first year international students request an International Outreach Committee (IOC) member as a mentor. IOCs will help you with adjusting to the Pitt campus and are a great recourse! To request an IOC mentor, complete the Global Ties Mentor Application here, <http://www.studentaffairs.pitt.edu/globaltiesform>.

You may also want to check out EduPass for more information about life as an international student in the United States: <http://www.edupass.org/culture>

Coping Strategies

Having trouble fitting in? You are not alone! International students experience varying degrees of culture shock while studying in the U.S. Here are some tips on how to deal with the shock!

- Know what to expect. Carefully read this guide, other books, and magazines to find out more about American life and customs. Ask your roommate, the International Outreach Committee, or the Office of International Services if you have any questions about culture and value differences.
- Undergraduate students should get involved with **Global Ties** on campus! Global Ties is here to help ease the transition process and

plan fun educational and social programs throughout the year, just for you.

- Eat well, sleep well, and take good care of yourself. Exercise is a great way to alleviate stress and tension. Visit one of Pitt’s athletic facilities, take a walk, or become involved with an intramural (non-competitive) sport on campus.
- Explore your new neighborhood. This might help you develop a sense of home as you find the local stores, parks and coffee shops.
- Keep in touch with family and friends to tell them about your experiences.
- A sense of humor is key! Laugh at cultural missteps, don’t let them bother you!

American Traits & Values

You certainly have heard stories, good or bad, about American people. You probably have ideas of what America will be like from music, films, and television. However, American society is enormously diverse and complex and the media often only presents cultural stereotypes. Important differences exist between geographical regions, between rural and urban areas, and between social classes. In addition, the presence of millions of immigrants who came to the United States from all corners of the world with their own culture and values adds even more variety and flavor to American life. The characteristics described below are some of the traits thought of as being “typically American.”

Individuality

Americans consider themselves individuals. There have strong family ties and strong loyalties to groups, but individuality and individual rights are highly valued. Related to this respect for individuality, independence and self-reliance are also important. You may be surprised to learn that most U.S. students choose their own classes, select their own majors, follow their own careers, arrange their own marriages, and so on, instead of adhering to the wishes of their parents. Honesty and frankness are two more aspects of American individuality. Americans may seem blunt at times, and in polite conversations, they may bring up topics and issues that you find embarrassing, controversial, or even offensive. However, most Americans respect the opinions and views of others.

Competitiveness

Americans place a high value on achievement and this leads them to constantly compete against each other. You will find friendly, and not-so-friendly,

competition everywhere. The American style of friendly joking or banter, of “getting in the last word,” and the quick and witty reply are subtle forms of competition. Although such behavior is natural to Americans, some international students might find it overbearing and disagreeable. On the other hand, even if Americans are often competitive, they also have a good sense of teamwork and of cooperating with others to achieve a specific goal.

Measuring Success

Americans are often accused of being materialistic and driven to succeed. How much money a person has, how much profit a business deal makes, or how many material goods an individual accumulates is often their definition of success. This is related to the American trait of competitiveness.

Timeliness

Most Americans keep some kind of appointment calendar and live according to schedules, striving to always be on time. To international students, Americans can seem to always be in a hurry, and this often makes them appear rude. Americans, however, consider it being efficient and most place a high value on promptness. If you are going to be more than ten minutes late for an appointment or meeting, you should telephone ahead to let the other person know.

American Customs

Many of the social and behavioral aspects of everyday life vary greatly from country to country. Some students might find it initially difficult to understand the way Americans behave and what they really mean to say when they use certain phrases. It is difficult to generalize about U.S. social customs, but the following practices are fairly standard.

Greetings

- “How are you,” “Good morning,” “Good afternoon,” and “Good evening” are formal greetings; usually people will simply say “Hi,” “Hello,” or “What’s up.”
- When meeting each other for the first time, men typically shake hands, firmly. Women often shake hands with people they meet, but it is not universal. If you are uncomfortable with shaking hands, please let the person know. It is okay to respectfully decline a handshake.
- Good friends, family members, or people in a romantic relationship might give each other a hug or even kiss as a greeting. This is reserved

only for people who know each other very well and share a close relationship.

Use of Names

- First names are more readily used in the United States than in other countries. It is almost always acceptable to use the first name of someone of approximately your same age or younger as soon as you meet the person.
- You should say “Mr.” (for men) or “Ms.” (for women) and the person’s last name when talking to people in positions of authority or your elders, unless they ask you to call them by their first name. Many American women prefer to be called “Ms.” (pronounced “mizz”) rather than “Miss” or “Mrs.” This is a neutral form of address that can be used for married and unmarried women.
- If your professor has earned their doctorate and has Ph.D. after their name on the syllabus or website, you should say “Dr.” and the professor’s last name, unless they invite you to call them by something different.
- It is not customary to use a preface like “Mr.” or “Ms.” with a first or given name. For example, if you meet someone whose name is Larry Jones; you would say “Mr. Jones” and not “Mr. Larry.”
- Nicknames are fairly common in the United States. Being called by a nickname is not uncomplimentary if done in good taste, and is often considered as a sign of acceptance and affection.

Friendliness & Friendships

- Americans are generally quite friendly and it is not uncommon for them to be informal and casual, even with perfect strangers. Don’t be surprised if somebody you do not know says “Hi!” to you for no reason. However, there is a difference between friendliness and friendships. As in any culture, it takes time for friendships and close relationships to form.
- In the United States, people often will ask, “How are you?” or “How are you doing?” when you meet them. These are usually polite phrases more than personal questions, and they do not always expect

an honest answer. If you are well acquainted with this person, you might say how you truly are feeling. If not, the accepted response is usually “Fine, thank you. How are you?” even if you are not feeling very well.

- Americans’ friendships tend to be shorter and more casual than friendships among people from some other cultures. It is not uncommon for Americans to have only one close friendship during their lifetime and to consider other friends to be merely social acquaintances. While American students might refer to acquaintances or people they meet in class as “friends,” they do not always have close emotional ties to them.
- Americans often communicate with touch, by putting a hand on somebody’s shoulder to express warmth of feeling, by giving a nudge to express humor, or a pat on the back to express reassurance. Often they will hug when meeting. These friendly gestures are common and should not be interpreted as intrusive or disrespectful. However, if you are uncomfortable, it is okay to let the person know. Expressing your discomforts is acceptable in the United States.
- Even if Americans tend to touch each other more often than in some other cultures, they usually maintain a relatively large physical distance between one another during conversations or social meetings. Everybody has a different “comfort zone” around them; do not be offended if an American takes a step back as you approach him or her in a conversation.
- Men and women often have long-term platonic relationships, which can surprise some foreign visitors. People of the opposite sex might go to the movies, a restaurant, a concert, or other event together without ever being romantically involved.
- Americans generally enjoy welcoming people into their homes and are pleased if you accept their hospitality. Do not hesitate or feel uncomfortable to accept invitations, even if you cannot reciprocate — they know you are away from home and will not expect you to do so. However, many cultures find comfort in visiting friends unexpectedly; this is not the case for most Americans. Warning a friend of an uninvited visit beforehand is considered respectful.

- Participating in campus life is a good way to make friends. Every university offers various organizations, committees, sports clubs, academic societies, religious groups, and other activities where everyone who is interested can take part.

Dating & Relationships

For many international students, American dating and relationship rituals can be one of the most difficult things to understand. Unlike many other cultures, American culture does not have an accepted pattern of behavior that regulates romantic relationships.

- Men and women generally treat each other in an informal, casual way. There is often friendly teasing between men and women.
- Traditionally, men ask women on dates, but it is considered acceptable for a woman to ask a man on a date.
- Expenses on a date are sometimes paid by one person or sometimes split between the two.
- Going on a date in U.S. society is meant as a way to express the desire to get to know the other person better. ***It does not assume any kind of romantic or sexual involvement.*** It is unacceptable— and in some cases criminal—to impose one’s sexual desires on another. Make sure you respect the other person’s wishes and, likewise, make sure you are not forced to do something you do not want to do.
- Homosexual relationships, even if not widespread, are commonplace in the United States. While many people are still uncomfortable with gays (homosexual men) or lesbians (homosexual women), it is not acceptable to discriminate or make derogatory comments against them. If you are gay or lesbian, you will be able to find organizations, newspapers, and magazines for you in most American cities and on some university campuses. If you are not homosexual and somebody of the same sex expresses an interest, do not be offended; just decline politely.
- Every situation is different and must be approached with consideration for the other person’s standards, values, and sensitivities. Remember

as well that HIV, AIDS, and other sexually transmitted diseases are present in the United States, and you should always take the necessary precautions to protect yourself from infection.

- People in the United States usually bathe or shower at least once a day and put on fresh, clean clothing and deodorant after each shower or bath. To be clean and neat is more desirable than to have a wardrobe of expensive clothing. If you are invited to an event you should ask your host/hostess or another person about appropriate dress for the occasion. If you are going to someone's home or to speak to a group, your national dress is usually appropriate or appreciated. You may be asked a lot of questions about the garments of your national dress, since attire is a good conversation topic.

Slang/Idiom Usage

Slang and idioms are informal languages consisting of words and expressions that are not considered appropriate for formal occasions. Slang usage is very prevalent among college kids. If you hear a word spoken that you do not understand and cannot find in a dictionary, it is most likely a slang word. Do not be afraid to ask others what a certain word means, as it may be important that you understand the exact definition of a word in order to avoid certain situations.

Idioms are also commonly used in the English language. An idiom is a phrase or a saying that has a different meaning than what is literally being said. For example, "it's raining cats and dogs" (meaning, it's raining heavily) or "keep your eyes peeled" (meaning, be alert or observant).

There are a number of websites that will provide you with a list of regularly used slang or idiom words—though they are by no means comprehensive as there are always new words being created and used.

A great slang dictionary to use online is: <http://www.urbandictionary.com/>

Pittsburgh Slang

Even if you learn a lot of slang, people from Pittsburgh have their own way of talking that may be confusing. If you can't understand someone, it is ok to ask in a polite way for them to repeat themselves slowly. It is better to ask them this than to agree to something you didn't understand. Here is a fun website to see some of the Pittsburgh slang:

<http://www.pittsburghese.com/glossary.ep.html?type=phrases>

Safety & Security

<http://www.safety.pitt.edu/>

Pitt Security number for general assistance: 412-624-4040

U.S.A. Emergency Phone Number: 9-1-1

The University of Pittsburgh is greatly concerned with the safety of its students, employees, and visitors. Measures such as blue safety lights around campus buildings and walkways, an improved shuttle system, and a network of emergency phones create a safer, more accessible, and more secure campus.

The 9-1-1 emergency number in the United States can be used from any phone. This will immediately connect you with any emergency personnel. However, while on campus, you may have faster results by calling campus security.

For all emergencies, dial 412-624-2121 from a non-campus phone or 4-2121 from a campus phone.

Personal Safety

Unfortunately, as everywhere else in the world, there is crime in the United States. You should be especially careful until you know the campus and are familiar with the community. Remember that good judgment, precaution, and common sense are at the core of personal safety. Basic safety rules include the following:

- In some areas it is not safe to walk alone at night. Always ask someone to accompany you if you are unsure about going somewhere on your own. If you are not sure if an area is safe or not call someone who has lived in the area a while.
- When you leave your residence hall room, apartment, or automobile, make certain that all doors and windows are locked. Never leave valuables, especially cash or credit cards, sitting in the open, even if the door is locked.
- Do not carry large amounts of cash with you or wear jewelry of great value and don't put your valuable items (such as cash) in a place that is easy to steal from like the front pocket of your backpack. You can't see when someone comes up behind you.
- Never accept a ride from a stranger. Do not hitchhike or pick up hitchhikers. In some Pittsburgh areas, "Jitneys" are common. A Jitney is an individual who will offer to take you to a location for a cheap

price. There are often “Jitney Stations” –a place you can call to ask for a ride, however, this can be very dangerous and is not advised. Jitney drivers will typically offer you a ride near grocery stores. “Jitneys” are NOT the same as a Taxi. Taxis (also known as cabs) are a legitimate service, unlike “Jitneys” who are sometimes unlicensed drivers.

- If a robber threatens you at home or on the street, don’t fight back, as this might provoke your attacker to cause you harm. Just give him what he or she is asking for, remain calm and observe as much as possible about the robber. Report this crime to the police (City: 911 or Campus Police: 412-624-2121) right away and give your best description of the attacker.

Pitt Police & Campus Safety

www.police.pitt.edu

The University of Pittsburgh Police Department exists for the protection and welfare of all University students, staff, faculty, visitors, and guests to the University as well as the safeguarding of all property. The Pitt Police also offers other services including resources for victims or offering safety seminars for campus groups and organizations.

Emergency Call Boxes

Emergency telephones are located across Pitt’s campus and are easily identified by their blue and yellow color and blue light. Emergency telephones or panic buttons are located in all University owned parking facilities.

Emergency Notification System (ENS)

<http://technology.pitt.edu/mobile-services/emergency-notification-dup.html>

The University's Emergency Notification Service is used to communicate with subscribers through voice, text, and email messages, as deemed appropriate in the event of an emergency. All University students, faculty, and staff are eligible to subscribe. ENS is designed for use with portable devices and is only one aspect of a layered approach to notifying the University community of emergencies. Instructions for subscribing and more information about the service are available at the website listed above.

Alcohol & Drug Policies

Pitt enforces all state and local laws regarding the possession, use, transportation, and sale of alcoholic beverages, including those prohibiting underage drinking (anyone under 21 years of age) and local laws prohibiting an open container of alcohol in public. The University also enforces all state and

federal laws concerning illegal drugs. Anyone who is apprehended by the Pitt police in possession of, using, or selling illegal drugs is subject to arrest. If a University student commits the offense, the Pitt police will also refer the individual to the Office of Student Conduct, where the student could face sanctions up to and including dismissal from the University.

U.S. Alcohol Laws

In the United States, individuals under the age of 21 are not permitted to purchase or consume alcohol. Pennsylvania also has a “zero tolerance” policy. If you are under the age of 21 and are found driving while remotely intoxicated, it is possible to be issued a “Driving Under the Influence (DUI)” charge. In addition, international students can be removed from the University of Pittsburgh, have legal issues, and can potentially be deported from the United States.

Money & Financial Matters

Payment of Tuition and Fees

Billing at the University of Pittsburgh is done electronically. To get started and be able to receive and pay bills online, visit <http://www.cfo.pitt.edu/students> and follow the registration process. Pitt Pay is an online resource through www.my.pitt.edu that provides students with information about tuition and fees deadlines. The site also allows students to select payment plan options. All tuition and fees must be paid by stated deadline dates to attend classes. The Financial Aid Office, the Registration Office, and Panther Central are located on campus to help students deal with tuition issues.

United States Currency

Many countries operate on a cash-only basis. That is not so in the United States, where credit cards and debit cards are very popular options for payment even at McDonalds. As an international student, you will probably want to open a bank account in the United States to take full advantage of the services offered. Some things you are not able to pay cash for like a security deposit for an apartment or your utilities. They will not accept cash so you **must have a bank account in order to do these things.**

American Money

Bills/Dollars (\$): 1 dollar, 5 dollars, 10 dollars, 20 dollars, 50 dollars, 100 dollars



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Coins/Change:

\$1 dollar coin



Quarter= .25 cents (quarters below)



Dime= .10 cents (dime below)



Nickel= .5 cents (nickel below)



Penny= .1 cent (penny below)



Did you Know?
FOUR Quarters= \$1.00
TEN Dimes= \$1.00
TWO Nickels= One Dime
FIVE Pennies= One Nickel

Opening a Bank Account

The process of finding a bank and setting up an account is not very difficult. To open a bank account in the United States, you need to bring your passport, a driver's license or another form of official identification (I 20, DS2019, Visa, I 94 and Pitt ID card. Once you have figured out what kind of account and the type of services you want (see descriptions below), all you have to do is to go to the bank of your choice, fill out an application and give the bank money (sometimes with a certain minimum) to open the account. After all of this has been completed, you will receive an account number (or two), an ATM/debit card if you requested it, and checkbooks if you chose to open a checking account. Ask the Office of International Services, Global Ties leaders, or the International Programming Coordinator and Advisor for help setting up a bank account.

Services

Many bank accounts provide online banking as an option. This is a very convenient way to keep an eye on your money, pay bills, or transfer funds. Some banks also provide additional financial planning services, issue travelers checks and convert currency. Remember, if you are converting U.S. dollars to other currencies, the banks may take a few days to have the needed currency sent to Pittsburgh.

Types of Accounts: Checking vs. Savings

A **checking account** makes the complexities of paying for college life a little easier and allows you to pay for items without carrying around a large amount of cash. With a checking account you are issued checks and often a debit card which can be used to make purchases in most stores. Many banks, such as PNC in Pittsburgh, offer free checking accounts to students.

Savings accounts are for money that you will not need right away. The money you put in this type of account earns interest. Interest rates vary from bank to bank and often depend on how much money you place into the account.

Overdrafts

When you write a check for more money than you have in the bank, you create an "overdraft." For each overdrawn check, the bank will charge you a fine of \$10 to \$25 or more. The bank will also return your check, unpaid, to the person or business to which you wrote the check. If the payee is a store or business, that payee may also charge you \$5 to \$20 for the trouble the bad check has caused - and they may not accept your checks again. It can be very expensive if you fail to keep an accurate record of your account. It is also illegal to issue a

“bad” check (a check for which there is not sufficient money in the checking account) on purpose.

Banking Tips

- Determine if you want a checking or savings account or both.
- Make sure any bank where you open an account is FDIC-insured (this means that your money is insured up to \$250,000)
- Confirm that the services provided by the bank meet your needs.
- Ask for a listing of the bank’s ATMs (automated teller machines which dispense cash from your account) to make sure there is a location close to campus and where you live, inquire about fees charged for using ATMs and make sure the bank has 24-hour customer service available by phone.
 - If you use an ATM from a bank that is not yours they will often charge you a fee to use their ATM so make sure you use an ATM that your bank owns.

There are numerous banking options in Oakland including a PNC Bank branch on Pitt’s campus. Look at the websites to determine the best fit for you and your financial needs.

Debit Card vs. Credit Card

While a debit card and a credit card look the same, they are very different. A **debit card** is typically directly tied to a checking account and allows you to access money that you already have. A **credit card**, however, is issued by a credit card company and lets you pay for things with money you do not yet have. Credit cards involve an interest fee that is charged on purchases and makes the end cost of the item much higher depending on how long you take to pay off your credit card debt.

Money Wires

Money wires are a fast, easy way to move money between accounts at different financial institutions and bank-to-bank wire transfers are considered one of the safest international payment methods.

Different wire transfer systems and operators provide customers with a wide range of options depending on when and how much money is to be transferred. Fees are involved and depend on the type of transfer you are conducting. If you have opened a bank account in Pittsburgh, inquire as to whether or not they process wire transfers.

General Process for Sending Bank Wire Transfers

1. Go to the bank and ask to conduct a wire transfer.
2. Generally, banks also require the recipient name, account number, mailing address, and bank routing/swift number.
3. Through a secure system, the bank sends a message to the receiving bank. This message may request payment and settlement instructions.
4. In the time span of several hours up to a couple days, the money will be transferred.

In the United States wire transfers are costly and not commonly used by consumers. Fees vary from bank to bank with an average of \$25 to send a wire and \$12 to receive a wire within the U.S. and for international transfers \$40 to send a wire and \$15 to receive.

The Office of Foreign Assets Control (OFAC) monitors information provided in the text of the wire to find out whether money is being transferred to terrorist organizations or countries under sanction by the U.S. government. If a financial institution suspects this, it will block the transfer and freeze the funds.

Online Money Transfers

Western Union

<http://www.westernunion.com>

Use Western Union to send money and pay bills online, in person, or by phone.

PayPal

If you have a PayPal account, it is possible to link the account to your bank account. PayPal users can then receive funds from international accounts at a MUCH lower rate than Western Union or other wire services. Specific information can be found at (<https://www.paypal.com/>) and a list of countries it accepts can be found at (<https://www.paypal.com/webapps/mpp/country-worldwide>).

Communication

International Calls

It is possible to dial direct to almost all foreign countries from the United States and direct dialing is less expensive than placing calls through the operator. To get an international line, you must first dial "011," then the country code, city code, and telephone number you wish to reach. International country and city codes, rates to some countries, time differences, and further directions for placing international calls are given in the front part of the telephone book and can be found on websites like www.countrycallingcodes.com. Dial "0" for the

operator to make operator-assisted calls, person-to-person calls, and collect calls to foreign countries.

Cell Phones

In the United States it seems like everyone - from young to old - owns a cell phone. Many people choose to have a cell phone instead of a phone in their home because it is often cheaper and more convenient. Americans will talk on their cell phones almost anywhere, although it is considered rude to talk on one's phone when making a purchase in a store, while eating at a restaurant, watching a movie in a theater, and also during class or a meeting. There are a number of cell phone providers in the United States and most operate on a contractual basis (1-2 years), though some do offer plans that allow you to 'pay as you go.'

With a contract service, you are obligated to pay the monthly fee for the length of the contract, breaking the contract early (by cancelling service or switching carriers) results in a large early termination fee. Phones on contract are subsidized by the carrier so that they are cheaper to buy upfront then they recover the difference in cost over the contract. If you are bringing your own unlocked phone from home it may work with one of the U.S. providers, just ask in the store to be sure. If you have your family with you there are family plans. Using a family plan can be cheaper if there are multiple people using one account.

The main providers in the U.S. are Verizon Wireless, AT&T, Sprint, and T-Mobile. T-Mobile and Sprint are generally the least expensive services, but Verizon and AT&T tend to have better coverage. T-Mobile, Boost and Cricket have service available with no contract, which is great for international students with no Social Security card or who will be here for a shorter amount of time. All cell phone providers have "smart phones" available, however, Sprint is the only provider who offers unlimited data. Other companies have a cap amount (maximum amount of data), even when unlimited is promised.

**if you do not have a U.S. Social Security number and some credit history in the US then you should expect to pay a large deposit (up to \$500) to begin your contract. However, some companies waive this fee for international students.

AT&T / www.wireless.att.com

T-Mobile / www.t-mobile.com

Boost / www.boostmobile.com

Verizon Wireless /

Cricket / www.mycricket.com

www.verizonwireless.com

Sprint / <http://www.sprint.com>

Online Communication

Skype

Skype is a program that allows for video calls, voice calls, and instant messaging online both within the U.S. and abroad. It is available for free at www.skype.com. Skype allows for free calls between Skype users as well as cheap international calls to land lines and cell phones (rates start from 2-3 cents per minute). Look into this as a way to stay in touch with family and friends!

Google Voice

Google voice is an internet-based client that allows for local and international calls to be placed. To receive incoming international calls through Google Voice you are required to have a local cell phone or land line. Outgoing international calls can be placed through the computer without a phone. The rates for these calls vary by country and can be viewed at the following website: <https://www.google.com/voice/rates?hl=en¤cy=USD>. The full range of Google Voice features are more thoroughly explained in the video on their website <http://www.google.com/googlevoice/about.html>.

Online Websites

As with all social networks, you should be sure to read the terms and conditions so that you understand what you are agreeing to. Some sites have rules of etiquette (Reddit); while others may claim ownership of media you upload (Facebook).

Popular USA Online Social Media

Facebook

www.facebook.com

Almost every college student in the United States will have a Facebook account. Facebook is free and easy to access in the USA. It's a good way to build a good social network and if you "friend" your favorite club or organization they will send you updates on events and current news. Remember that Facebook is a public domain (which means that everyone can see your profile unless you change the access in your account settings) so be careful what you post on your wall because you never know who will be reading it.

Twitter

www.twitter.com

A popular site to "tweet" your updates. Tweet means to share what is on your mind, events, and quick messages in 140 characters or less.

Reddit

www.reddit.com/r/pitt

This site is a great way to stay up-to-date with information. Pitt has its own sub-reddit, dedicated to student news and other campus chatter.

Instagram

<http://instagram.com/>

If you love taking photos and sharing them Instagram might be useful to you. Many students and organizations share their photos with fans and the public by posting on this social website.

LinkedIn

www.linkedin.com

If you are looking for a **professional** social network website, LinkedIn is where you need to build a profile and online resume. You can find other employers, internships, classmates, and colleagues through this website.

Technology at Pitt

University of Pittsburgh students have access to a wide variety of information technology services and discounts on everything from software to computers.

Need Help?

The Technology Help Desk at 412.624.4357 is available 24 hours a day, seven days a week to answer your technology related questions including: computer, printing and lab questions, software distribution, Pittnet, my.pitt.edu, or username issues. Questions can also be submitted via the web at www.technology.pitt.edu.

Computer Discounts

<http://www.pitt.edu/computer>

The University of Pittsburgh has agreements with some of today's leading computer manufacturers – like Apple, Dell and Lenovo - to offer top-quality computers at discounted prices. The technology website provides detailed information on suggested system configurations

<http://technology.pitt.edu/software/new-computer.html>.

Software Discounts

<http://www.technology.pitt.edu/software/for-students-software.html>

Pitt provides over 100 software packages – including Microsoft Office, Adobe, and virus protection - at little or no cost to students. A full list of software packages can be found via the link above. Software can be picked up at 204

Bellefield Hall between 8:00am and 5:00pm Monday-Friday, by showing your Pitt ID. For software that costs money, students may pay with cash, Mastercard, Visa, or Panther Funds.

**Many titles are also available through the software download center in my.pitt.edu, under "My Resources."

Campus Computer Labs

<http://technology.pitt.edu/service-locations/computing-labs/lab-hours.html#alumni>

Campus Computer labs are available for student use. They can be found at the following locations and are indicated by stars on the map above:

- B-40 Alumni Hall
- B-06 Benedum Hall
- G-27 Cathedral of Learning
- G-62 Cathedral of Learning
- 230 David Lawrence Hall (Open 24 Hours)
- 112 Hillman Library
- 1200 Wesley W. Posvar Hall
- C-114 Sutherland Hall

Printing

Each semester, students can print up to 900 black and white pages for free in Pitt computer labs. You can visit a computer lab and print by signing on to a computer and printing to the default printer in the lab. The printers are set to print double-sided, but they can be switched to single-sided if preferred. After you press print, there will be a few options. One option is to use the self-service printers. In this way, you print everything that you need to print and when you are done go to one of the self-service printers, swipe your Pitt ID and select which item you want to print or select print all. Self-service printers also work from your laptop if you get the software (see below).

The other option is to select the printer of the lab where you are and one of computer lab workers will pick up your printed job and place them on a storage shelf in alphabetical order using your user ID (ie: kgd160). The cover sheet will have your username on it and will also state how many free pages you have left. If the lab is very busy, it can take a while for a job to print, so be patient and plan ahead ... don't visit the lab five minutes before you need an assignment for class!

(Note: Color printing is also available at David Lawrence at the cost of 7 black and white sheets per 1 color page)

Self-Service Printing

http://technology.pitt.edu/Documents/network/computing-labs/SSPP_FAQ.pdf

Self-Service Printing enables you to print to a campus lab from your own computer. To use the service, you must install the system on your own computer by visiting www.software.pitt.edu, logging-in with your username and password, click “software download service login” on the far right corner, and selecting the version “Self-Service Printing” that is right for your computer.

Follow the installation instructions and “Pitt Self Service Printer” will show up as a printer option. To print simply select it as your printer, choose single or double sided, press print and follow any additional prompts that appear. Then visit any campus computer lab within the next 48 hours (or your documents will be deleted from your memory queue), go to the self-service printer, swipe your Pitt ID, select your file from the touch screen, and pick up your print job.

How to Check Printing Quota Online

Visiting www.my.pitt.edu >>> select Profile>>> Manage Your Account>>> Manage Email and Print Quota>>> Semester Allotment Remaining

Wireless PittNet

<http://technology.pitt.edu/network-web/wireless.html>.

Wireless PittNet provides fast, secure, and easy-to-use Internet access from academic buildings and residence hall common areas across campus. If you want to access restricted University resources, such as digital research journals, databases, and departmental printers, you will need to use Secure Remote Access. To connect to Wireless PittNet you will need to first run the PittNet Complete CD on your computer. This CD should be provided to you upon arriving at Pitt, but if not it can be obtained at 204 Bellefield Hall from 8:00am-5:00pm Monday-Friday or at the David Lawrence Computer Lab 24 hours a day.



Pitt Email

<http://technology.pitt.edu/service/email>

Accessing your Pitt Email account is quite easy and remembering to check it often is **important. Very important!** This is where you will receive emails from the Office of International Services, tuition bills through Pitt Pay, Global Ties or International Outreach members, and emails from professors.

- 1) Go to my.pitt.edu
- 2) Log in with your username and password
- 3) At the top right corner, click on “My Pitt Email.”
- 4) A new window will open up with your inbox at the front page. New messages appear at the top of your inbox. Unread messages are bold.

To send an email, click on the icon at the top left corner of the page that says “New” with a plus sign inside a circle. To attach a file to your email, click the button that says “Insert,” just below the University logo in the middle of the top of the screen, and select the file you wish to attach from the new window. The maximum size of an attachment is 25MB.

Your inbox can store up to 50GB. Once it is full, you cannot receive emails until you delete some old messages from your inbox. It is a good idea to continually delete old emails you do not need anymore. Your deleted emails will still be in your Deleted Items folder after you delete them from your inbox. You may recover these emails from the Deleted Items folder. To make more space in your inbox, you must empty your Deleted Items folder by right clicking the folder and selecting “Empty folder.” Once you empty your Deleted Items folder, you can no longer recover the emails you have deleted.



Housing & Living

As an international student, you may be living on or off campus. This section will review information regarding on-campus and off-campus housing separately. For more information on any of the topics listed below, visit the suggested websites or ask the Office of International Services or an International Outreach Committee member about their own experiences living in Pittsburgh!

Pre-ordering Bed Linens UNDERGRADUATE ONLY

<http://www.rhl.org/upt4>

Order your bed sheets, towels, and any bedroom or bathroom accessories before arriving to campus!!

Regular sheets won't fit on Pitt's specially sized beds. Pre-ordering your items will save you time and give you more space in your suitcase. Make sure you order fast! Popular colors are the first to go.

Rent a Fridge or Microwave for Your Dorm Room UNDERGRADUATE ONLY

<http://www.themelvingroup.com/pitt.php>

You don't need to purchase a refrigerator or microwave, you can rent one! The University of Pittsburgh gives students the opportunity to rent a refrigerator or microwave that meets all the University's electrical and safety requirements.

Why should you be interested in the MicroFridge?

1. Convenience: The MicroFridge allows students to eat what they want, when they want it. The freezer can store frozen foods – even ice cream – for extended periods, since it is a true zero-degree freezer, not a tiny ice cube area like you'll find in typical "cube" refrigerators. The refrigerator is auto-defrosting, eliminating the chore of frequent manual defrosting. Additionally, your student will not have to squeeze it in the car at the end of the year.
2. 100% Guarantee: If your MicroFridge quits working for any reason (other than abuse), it will be immediately replaced free of charge. No long wait for service calls or sending the unit out for repairs.
3. Low Cost: The rental for a MicroFridge with a microwave for the entire academic year (August through May) is only \$219.99. **When splitting costs with a roommate, you cut the cost in half.**
4. Safety: The MicroFridge has patented circuitry built in which prevents blown fuses or tripped circuit breakers, and also reduces energy consumption.

Family House

<http://www.familyhouse.org/>

Family House is used by local hospitals for family members of patients who need to stay close to the hospital. However, during the weeks when Pitt students are arriving, they offer any rooms they have available to the students at a low rate. In addition, they are willing to provide housing options between the school terms.

On-Campus Housing Options **UNDERGRADUATE ONLY**

Housing Services: www.pc.pitt.edu/housing

Residence Life: [www.studentaffairs.pitt.edu/residence life](http://www.studentaffairs.pitt.edu/residence_life)

At the University of Pittsburgh, on-campus housing assignments are coordinated through the Office of Housing Services while the Office of Residence Life oversees the student experience in residence halls and strives to provide an educationally stimulating and purposeful community. Newly admitted undergraduate international students receive information from Housing Services and can opt to live on-campus. However, on-campus housing is not guaranteed and there are almost always more people wanting to live in the residence halls than rooms available. If you miss the initial housing deadline or are placed on the waiting list, we highly recommend that you look at off-campus living options. Arranging for housing before arriving in August is very important, as lease applications in Oakland become available as early as December/January and are usually competitive.

Campus Living 101

These are some frequently asked questions (and answers) about living on-campus at Pitt.

Looking for a single room? If you do not want to share a room with another student, then you will want to request a room in Tower C, or Lothrop Hall. However, these housing options are more expensive.

Want to live with a friend? There are two person rooms (doubles) in Panther, Pennsylvania, Ruskin, Forbes, and Sutherland halls; three person suites in Ruskin, McCormick, and Panther halls; four person suites in Brackenridge, Bruce, Centre Plaza and Bouquet Gardens; five person suites in Panther & Brackenridge halls; and six person suites in Bruce Hall, McCormick, and Sutherland Halls. McCormick Hall also has seven person suites, and Sutherland Hall has eight person suites.

The suites with odd numbers for capacity – ie: three and five person capacity rooms - usually have at least one single room in the suite (in case someone doesn't want to share a room with a friend).

Want to be in the center of campus life? Request a room in Towers or Bouquet Gardens!

Looking for a single-gender hall? Holland Hall is only for women.

Interested in living away from the hectic center of campus? Pennsylvania, Panther, Ruskin, Forbes, and Centre Plaza are all quieter housing options.

Want to live in a specialized Living Learning Community? Living Learning Communities (LLCs) are specialized living environments that help to connect students in and out of class learning. Communities include Engineering, Leadership, Global, and more. Visit here for more information, <http://www.studentaffairs.pitt.edu/reslife/llc>

Want a kitchen so you can make your own food and/or not have a meal plan? Look at Bouquet Gardens, Ruskin Hall, and Centre Plaza.

Looking for the upper-classmen honors hall? Forbes-Craig is it, but a separate application is required through the University Honors College (www.honorscollege.pitt.edu).

Need to stay somewhere over the school breaks? Bouquet Gardens and Ruskin will help you out.

Housing Selection

<http://www.pc.pitt.edu/housing/process.php>

After your first year, housing for the next academic year is determined during the spring semester through a selection process that centers on the "housing number" you are assigned. Here is some information on how the process really works!

- *How do you get the housing option of your choice?* The number you get from the Housing Office is your "spot in line." The lower your number is, the better your spot in line and the easier it will be to get your first or second room choice. If you're planning on living with one or more friends,

whoever has the best number will pick the room/suite for all of you (just make sure they have your information on the day he/she needs to sign up).

- *What if I don't get my first housing choice?* Make sure you have a couple of housing choices in addition to your top choice, just in case it's not available when it is your turn to select a room. Talk to Global Ties and upper-class students for housing advice ... for example, Bouquet Gardens tends to be harder to get as a rising sophomore, so it would be good to have a back-up plan for Pennsylvania or a room in the Quad.
- *Remember to check the deadlines!* Each year housing deadlines are different. You will have to pay your housing deposit by a certain date to be eligible for on-campus housing. This is also true for your total housing payment. When picking your housing choice, there is a time when you can log onto your my.pitt.edu account to make your decision. Make sure to do this promptly so that your choice doesn't get taken!

Campus Living Amenities

<http://www.pc.pitt.edu/housing/amenities.php>

There are numerous benefits to living on-campus at the University of Pittsburgh. Here are some of the amenities that students enjoy.

- All campus housing comes with furniture - a desk, dresser, closet or wardrobe, bed with mattress, and a phone – and, if you're moving into a suite, there are also couches and chairs. Additionally you have access to cable, internet, laundry, fitness centers, floor study and/or recreational lounges, mail centers and coffee carts.
- In each non-apartment-style building, usually on every floor, or every other floor, there are Resident Assistants who make sure the rules are enforced and are there to help you when needed, so don't be afraid to ask your RA questions! They know a lot about the campus and if they don't have an answer to your question, they will know someone who does. Ruskin, Bouquet Gardens, and Centre Plaza do not have resident assistants or directors.
- On-campus housing also has access to the University's maintenance staff, so if there is a problem with your room you can submit a request – talk to your RA if you are not sure how to submit a request - and they will come fix it.

Laundry

Doing laundry on campus is easy! Campus washers and dryers can run off Panther Funds. Every residence hall has a laundry room and if you live in Brackenridge, Holland, Lothrop, Sutherland, or Litchfield Towers you can monitor the status of your laundry online at www.laundryview.com/pitt. For all the secrets on doing laundry and treating stains, visit:

<http://www.laundryview.com/resources.php>

***Not sure of the location of your nearest laundry room or how to do laundry?
Ask your roommate, a Global Ties leader, or Resident Assistant for help!***

Off-Campus Living

<http://www.ocl.pitt.edu>

Many international students decide to live off-campus and Pitt has a great off-campus living website to help you through the process. There are three primary sources available when considering off-campus living, including University-owned apartments, City-inspected apartments, and the Apartment Directory. Pitt also coordinates a Roommate Matching Service to help pair students who are looking for roommates.

Off-campus vs. On-campus Living

Off-campus housing has its benefits and drawbacks. It tends to be less expensive than on-campus living if you find an apartment/house that has a low rent or if you share a house with numerous roommates. The downside is that you are usually responsible for furnishing the apartment, setting up and paying utilities and for other living expenses. Get more tips and advice about off-campus living in Pitt's Renters' Guide www.ocl.pitt.edu/renters-guide

Where should I live?

If you want to stay close to campus, apartments and houses in South and North Oakland are a good place to look. If you don't mind catching a bus to campus (free with your Pitt ID), Squirrel Hill, Shadyside and Bloomfield offer a lot of nice apartments and houses for rent. Other students have also chosen apartments in downtown and South Side. Here are some great off-campus housing resources that can help you find a neighborhood and place to live that gives you comfort!

- Pitt's Off-Campus Living Site: www.ocl.pitt.edu (includes a section of other students seeking housing & roommates).
- The Pitt News (campus newspaper) Housing Site: www.universitystudenthousing.com/pitt

- Craig's List Pittsburgh: <http://pittsburgh.craigslist.org>
Please be aware that there are Craigslist scams! Before purchasing or renting, please have someone from OIS or CCLD check the post before moving forward. Many international students are frequently targeted.
- Pad Mapper (a great housing search site with mapping software): www.padmapper.com
- Post-Gazette (local paper): <http://classmart.post-gazette.com/pittsburgh/for-rent/search>
- Rental Guide Pittsburgh: www.rentalguidepittsburgh.com
- Mozart Management-www.mozartrents.com
- E.S. Management- www.esmgtapartments.com
- JJ Land Company- www.jjlandapartments.com
- Oak Hill Apartments-www.oakhillapts.com
- Walnut Capital- www.walnutcapital.com
- Apartment List- ApartmentList.com/pa/Pittsburgh

You can also use the Housing and Roommates at Pitt Facebook page to see if any other students are looking for a roommate

(<https://www.facebook.com/#!/groups/293902804037190/>)

Note: Some neighborhoods are better and safer than others. If you want to know which neighborhoods are safe and affordable, ask someone who has been living here a few years or do a Google search of the neighborhood yourself. Read news articles or go on the neighborhood's website.

Security Deposit

It is commonplace for an owner or leasing company to request a security deposit, which is usually a month's rent and is collected when you sign a lease by the person or company you're renting from. Some owners will ask for more

from international students who do not have a Social Security number. This is unfortunate but common practice. As an international student the only way to get a Social Security number is to have a job.

The deposit is kept for the duration of your lease and, legally, must be given back to you when your lease is up if you have met the terms of the contract. The security deposit can, however, be kept by the owner or company you are renting from to fix damages caused by you during your renting period (damages can include holes in walls, dirty floors, pet stains, etc). Make sure you read your lease carefully to know what damages can be taken from your security deposit.

Renters' Insurance

<http://www.ocl.pitt.edu/renters-insurance>

Renters' insurance is highly recommended if you are living off-campus. For a low annual premium, a renter can be covered for personal property loss and/or damages and personal injury liability for guests and visitors. Many leases now require tenants to provide proof of insurance coverage, so read your lease carefully to fully understand the terms of the contract. For more information on insurance and local companies, visit the website listed above.

Utilities

While some off-campus rentals include utilities in the monthly rental cost, many do not and leave that responsibility to the renter. Utilities include electric, gas, water, cable (optional) and phone (optional). Finding a place that includes gas is better because gas can be expensive. Also ask about the budget plans offered by the utility companies

Pittsburgh Utility Companies

- People's Natural Gas: 1-800-764-0111 / www.peoples-gas.com
- Duquesne Light (electricity): 1-888-393-7100 / www.duquesnelight.com
- Pittsburgh Water & Sewer Authority: 412-255-2423 / www.pgh2o.com
- Comcast (cable, phone & internet): 412-771-1300 / www.comcast.com
- Verizon (cable, phone & internet): 1-800-660-2215 / www.verizon.com
- DirectTV (cable): 1-800-490-4388/ www.directv.com

Recycling

In the USA, people try to recycle their plastic and glass bottles, aluminum cans, and cardboard boxes and newspapers so that we don't have so much garbage to get rid of. Your community will have recycling days. Usually you will put your recycled items in a blue bag or green recycle container and put them out

with your regular garbage every other week. They will be collected just like the garbage but will be taken to a separate facility to be broken down and made into new products. If you want to know more here is the website:

<http://pittsburghpa.gov/dpw/residential-recycling>

Furnishing an Apartment or House

<http://www.ocl.pitt.edu/inexpensive-furniture>

Furniture does not have to be really expensive. There are many affordable options for used and new furniture in Pittsburgh. However, please be aware that some used items maybe damaged, dirty, and have bugs. Please check before purchasing and do not feel pressured into purchasing anything if it does not meet your expectations.

Check out the website above for listings of area stores. One very popular option with students is Ikea, which has relatively affordable furniture – from couches and beds to kitchenware and tables - and is located about thirty minutes from campus. Many students will find a friend with a valid driver’s license, rent a van and head out to Ikea to get everything!

Note: At the beginning of the fall semester the Bellefield church on Fifth Ave. has a furniture swap. They will give away furniture they collected throughout the year and help you get it to your apartment for free! This is very popular and people start lining up hours before the doors open so check their website and get there early! <http://www.bellefield.org>

Off-Campus Meal Plans

If you choose to live off-campus, you are not required to purchase a campus meal plan. There are many smaller plans that you can choose to purchase if you’d prefer to eat some meals on campus.

Pet Policies

Some rental apartments and homes allow pets. Often they will require a pet deposit in case any damage occurs. If you want to have a pet, ask ahead of time if they are allowed and make sure it is clearly stated in your lease.

Laundry

If you live off campus you can go to one of the Laundromats around Oakland or in your neighborhood. Laundromats have washers and dryers which typically require quarters, so bring lots of them with you (Note: they will not take nickels, dimes, or pennies!) You might also want to bring homework or a book to keep you busy while you wait for your laundry to finish.

Look up the Laundromats closest to you on www.yellowpages.com. In Oakland, Dana's Dunkin Duds Laundry is on Cable Place near Semple Street, and Able Laundry is at 3518 Boulevard of the Allies.

Postal Mail

<http://www.pts.pitt.edu/mailexpress/campus/>

Most mail goes through the United States Postal Service (USPS). There is a USPS branch on campus at 347 South Bouquet Street. If you live on the Quad - Litchfield Towers or McCormick, Brackenridge, Bruce, Amos, or Holland Halls - then your mail will come through the small mail room near Tower B. If you live on the top of the hill – on upper campus - then your mail comes through Sutherland Hall. If you live in one of the apartment style buildings, then your mail is delivered to your building at a central mailbox location on the first floor.

USPS does package delivery but packages can also be mailed or delivered through one of the following services: UPS, FedEx, or DHL. These services are usually faster but cost more than USPS. UPS and FedEx both have stores on campus from which you can ship packages. FedEx is at 3710 Forbes Ave and the UPS Store is at 3945 Forbes Ave. Both services will also deliver packages to the same location your regular mail comes to. If you have a package delivered to the mail rooms at Sutherland Hall or Litchfield Towers, you will receive an e-mail to your Pitt account. You then need to print that notification and bring it to the counter at the mail room with your Pitt ID to pick up your package.

Stamps and packages:

- Stamps (to mail items in the USA) are \$.49 for one stamp. You can buy them at any post office and sometimes at stores like “7 eleven”. You can also buy them online at www.usps.com
 - *International stamps are \$1.10 for most countries. You will have to go to the post office for these. You can find out how much it is to ship a package on the USPS website (same as above).*
- “Express mail” means it will get there the next day. “Priority” means it will take 2-3 days to get there. “Parcel post” is for a package that does not need to get there quickly.

Post Offices Around Oakland:

Oakland: 347 South Bouquet Street, Pittsburgh (412) 621-1134

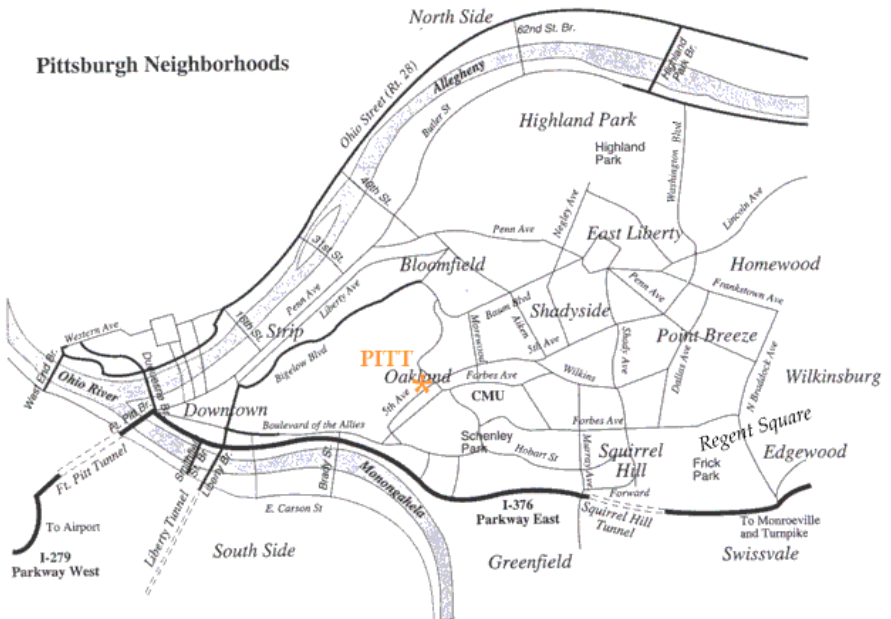
South Side: 1731 East Carson Street, Pittsburgh (412) 431-1057

Bloomfield/Garfield, Friendship, East Liberty, Lawrenceville, Shady Side: 5182 Liberty Avenue, Pittsburgh (412) 682-4572

Downtown: 336 4th Ave # 1A, Pittsburgh, (412) 642-1151 (Or)
700 Grant St. Suite 104, Pittsburgh 412-642-0769

Squirrel Hill: 1800 Murray Avenue, Pittsburgh (412) 421-4953

Pittsburgh Neighborhoods at a Glance



Pittsburgh Neighborhoods

Pittsburgh offers all the excitement of a metropolis - an eclectic music scene, dozens of museums and galleries, professional sports teams, great restaurants and shopping, plenty of coffee shops, and a thriving cultural community as well as wonderful resources for international visitors. It is a bustling hub of business with six Fortune 500 companies, more than 300 foreign-owned firms, two of the largest banks in America and a health system ranked in the nation's top ten.

People in Pittsburgh are friendly and down to earth, traffic is reasonable, and our urban crime rate is among the lowest in the nation. As for green space, Pittsburgh offers more acres of park per capita - and more trees per square mile - than any other major city in the U.S. Take some time while you are a student at the University of Pittsburgh to explore the city's distinct and thriving

neighborhoods! **Please note that many of the activities and events can be discounted for University of Pittsburgh students by showing your Pitt ID!**

Pittsburgh Websites

- Cool Pittsburgh (Pitt Site): www.coolpgh.pitt.edu
- Imagine Pittsburgh: www.imaginepittsburgh.com
- Pittsburgh Neighborhood Tours:
www.pittsburghcityliving.com/neighborhoodList.php
- Pop City Neighborhood Guide: www.popcitymedia.com
- Visit Pittsburgh: www.visitpittsburgh.com

International Organizations & Resources in Pittsburgh

- Vibrant Pittsburgh: www.vibrantpittsburgh.org
- Global Pittsburgh: www.globalpittsburgh.org
- International Women’s Association of Pittsburgh: <http://www.iwap.tk>
- Ireland Institute of Pittsburgh: www.iiopitt.org
- Japan-America Society of Pennsylvania: www.us-japan.org
- Latin America Cultural Union: www.lacunet.org
- World Affairs Council of Pittsburgh: www.worldaffairspittsburgh.org
- Columbian en Pittsburgh: www.colombiaenpittsburgh.org
- Arrepiã Brazil: www.arrepiãbrasil.com
- Bulgarian Macedonian Educational and Cultural Center:
<http://www.bmnecc.org>
- Pittsburgh Turkish American Association:
<http://www.ptaa.org/home/default.asp>
- Union of African Communities in Pittsburgh:
pittsburghaficans.org/home/
- Pittsburgh Ukrainians: <http://pghukrainians.org/blog/>

- The Jewish Community Center of Greater Pittsburgh:

<http://www.jccpgh.org/>

University of Pittsburgh Student Organizations

For a full list of all the student organizations we have at Pitt, visit the Student Organization Resource Center (SORC) website for a full listing.

<http://www.studentaffairs.pitt.edu/SORCstudentorgs>

Pittsburgh Neighborhoods

Oakland

www.onlyinoakland.org

Home to the University of Pittsburgh, museums, world-class hospitals, international cuisine and specialty shops, Oakland is the academic, cultural and healthcare center of Pittsburgh. It is Pennsylvania's third-largest "Downtown," with only Center City Philadelphia and downtown Pittsburgh able to claim more social and economic activity than Oakland. In Oakland you'll find coffee shops, parks, international cuisine and specialty shops that create the hustle and bustle students love.

Bloomfield

www.bloomfieldnow.com

Centrally located, Bloomfield is only minutes away from Oakland as well as Pittsburgh's Cultural District, stadiums and the new Convention Center. Bloomfield is known as Pittsburgh's Little Italy, with Italian roots that go back five generations or more. The historic mix also includes German and Polish ancestries. The business district on Liberty Avenue is a colorful mix of shops and restaurants.

Downtown Pittsburgh

www.downtownpittsburgh.com

Only two miles in diameter, downtown Pittsburgh's compact size makes it easy to walk to shops, theaters and restaurants. You'll also find plenty of coffee shops, galleries, bike trails, parks and more. Check out the Pittsburgh History & Landmarks Foundation's (www.phlf.org) free walking tours of the city!

Cultural Attractions

The Cultural District is located in the heart of downtown Pittsburgh, encompassing over a half-dozen galleries, eight public parks and art installations, 47 restaurants, and five world-class theaters in which 1,400 performances are held each year. Pittsburgh Cultural Trust

Pittsburgh CLO, Pittsburgh Public Theater, and Pittsburgh Symphony all make their homes in the Cultural District, along with performances by Pittsburgh Opera and Pittsburgh Ballet Theatre. Cutting edge exhibition spaces like Wood Street Galleries, Space, and the Three Rivers Arts Festival.

Pittsburgh Cultural Trust

803 Liberty Avenue / 412- 471-6070

www.trustarts.org A one-stop website to see what is happening in Pittsburgh's theater, symphony and art scene! Venues include: Benedum Center for the Performing Arts (theater), Cabaret at Theater Square, Heinz Hall (symphony), The Byham Theater, The Harris Theater (located in East Liberty), The O'Reilly Theater, Wood Street Galleries (art), SPACE (art), 707 & 709 Penn Galleries (art).

Market Square (retail & restaurants)

<http://marketsquarepgh.com/>

The historic Market Square is located at the intersection of Market and Forbes Avenue and is a charming home to shops, restaurants and outdoor gathering space.

CONSOL Energy Center (entertainment venue)

1001 Fifth Avenue / 412-642-1800

www.consolenergycenter.com

Home to the Pittsburgh Penguins (hockey team), CONSOL Energy Center also hosts internationally recognized performers like Lady Ga Ga, Taylor Swift and U2.

East Liberty

www.eastlibertychamber.org

East Liberty, once a poster child for failed urban renewal, is gradually redefining itself at the center of Pittsburgh. Historic buildings have been rehabbed, new restaurants and clubs are opening and chain stores like Whole Foods and Target are calling East Liberty home.

Lawrenceville & Strip District

www.lvpggh.com & www.neighborsinthestrip.com

Experience the world's arts in the 16:62 Design Zone, a 46-block swathe of commercial galleries, artist studios, and specialty art shops and boutiques stretching through these two city neighborhoods. Visit the new home of Pittsburgh Ballet Theatre, Pittsburgh Opera and Attack Theatre. Explore

handmade and innovative art at the Society for Contemporary Craft, or take in the sights, smells, and tastes of the Strip District. Don't forget to stop by the Heinz History Center, free to Pitt students during the academic year.

North Shore & Northside

www.northsidenow.com

Pittsburgh's North Shore and Northside is a section of Pittsburgh located north of downtown, just across the Allegheny and Ohio rivers. The neighborhood is an entertainment destination, home to numerous museums, a casino and professional sporting arenas.

Shadyside

www.thinkshadyside.com

Located in the East End, Shadyside has a vibrant business district of upscale chain stores, designer boutiques and restaurants on Walnut Street, Ellsworth Avenue, and Highland Avenue.

Southside

www.southsidepghpa.com

The South Side draws a diverse mix of people ... it's urban and hip, funky and feisty, ethnic and historic.

Vintage clothing stores, book stores, small galleries, unique shops, cozy night spots, clubs and coffee bars sit side by side and offer plenty of day and evening fun.

Squirrel Hill

www.shuc.org

Squirrel Hill, located east of Downtown, is one of Pittsburgh's most popular neighborhoods, with a variety of ethnic restaurants, delis, bakeries, and old fashioned grocery stores, as well as chic new eateries, trendy boutiques, movie theaters and upscale shops. Frick and Schenley Parks border Squirrel Hill, offering a wide range of recreational activities.

The Waterfront

www.waterfrontpgh.com

The Waterfront shops and restaurants are a popular shopping location for Pitt students, because there is so much in one area. Anything you might need for life at Pitt you can find at the Waterfront. Catch the bus or get a ride from a friend to discover all this area of town has to offer.

Pitt Student Benefits

Pitt ID & Benefits// www.pc.pitt.edu/card

Your Pitt ID is your access card to life at Pitt. If you are a new student, you cannot get your Pitt ID until after you have registered for classes. If you live in a residence hall, it is your key to your room. You need it to use fitness facilities and to ride University of Pittsburgh shuttles. It is your bus pass on Pittsburgh Port Authority city buses. It grants you free admission to various museums around Pittsburgh. You can also load Panther Funds onto your card and get discounts at select local businesses by showing your Pitt ID.

Lost your card?

You can get a new card Sunday through Saturday, 7:30 a.m. to 10 p.m. You must pay a \$20 replacement fee each time you receive a new card.

After-hours Replacement

If you lose your Panther Card after 10 p.m., Panther Central will provide you with a Verification of Residential Status Form and an emergency unlock code to enter your building and room. You can call from the campus security booth.

Report lost cards immediately!

Report lost or stolen cards to Panther Central immediately at the Panther Central Community (<http://my.pitt.edu>) and your card will be automatically deactivated.

Panther Funds

<http://www.pc.pitt.edu/card/funds.php>

An alternative to cash, Panther Funds can be used at almost every campus location and at several locations throughout the city. When doing laundry on campus, it only costs \$1.00 to pay with Panther Funds but \$1.25 to pay with cash. To load Panther Funds, you can do this at Panther Central, online, by phone, by mail or through the Cash Management Center kiosks located in various locations around campus. You may also choose to link your card to your PNC Bank account to use it as an ATM card. If lost, report the card as lost or stolen on my.pitt.edu and go to Panther Central to replace the card.

Panther Central

www.pc.pitt.edu

Litchfield Towers, Main Lobby // pc@pc.pitt.edu / 412-648-1100

Panther Central is the place to go if you have questions about your Pitt ID, Panther Funds, meal plan or a variety of other topics. If your Pitt ID is lost, check here first to see if it has been turned in; to replace a lost Pitt ID is \$20. Also, if you are locked out of your campus housing, call Panther Central for help from your security guard's booth. **No security booth??** Call from your cellphone.

Driver's License

<http://www.dmv.state.pa.us>

If you will be in the U.S. for more than one year and plan to drive while here, you should apply for a Pennsylvania driver's license. If you will be in the U.S. for less than one year (i.e. the expiration date on your I-20 or DS-2019 is less than one year away), you are not eligible for a driver's license. However, you may drive with a valid home country license and international driving permit, which must be obtained in your home country prior to arrival.

To get a driver's license in Pennsylvania:

Step 1: obtain your driver's license letter from OIS by logging in to www.my.ois.pitt.edu and request driver's license letter; can only be done after your in-person check in with OIS.

Step 2: Have a physician, physician assistant, certified registered nurse practitioner or chiropractor conduct a physical examination and complete Form DL-180 "Medical Qualification Certificate."

Step 3: Visit a Driver's License Center with:

- Driver's License Letter from the Office of International Services (OIS)
- Passport, I-94
- I-20 or DS-2019
- Social Security card OR letter from Social Security office stating you are not eligible for an SSN
- Two documents verifying your Pennsylvania address (i.e., lease agreement, electric bill, etc.)
- Driver's license application form with medical exam section completed
- A check or money order payable to PennDOT for the appropriate fee. (Cash is not accepted.)

Step 4: An eye screening and Knowledge Test will be given. Once passed, a Learner's Permit will be issued. The Learner's Permit will be valid for one year. If you are under age 18, a six-month waiting period and 65 hours behind the wheel driving experience is required prior to taking the skills test.

Step 5: Schedule a road test either online:

https://www.dot3.state.pa.us/exam_scheduling/eslogin.jsp#top?20140530135512961 or by calling 1-800-423-5542.

When visiting a Driver's License Center to take your road test, please be sure to bring the following items with you:

- Your valid learner's permit
- Proof of vehicle insurance
- Proof of vehicle registration
- Accompanying driver's valid driver's license

Pennsylvania State ID card

<http://www.dmv.state.pa.us/>

If you do not plan to drive while in the U.S., but will be here for more than one year, you may wish to apply for a Pennsylvania State ID card. It is a convenient, government-issued form of identification that you can use while in the U.S. The documentation required is the same, but there are no exams.

Working in the United States

There are opportunities for both F1 students to be employed on campus while in the U.S., J1 students require authorization. OIS has instruction on their website that is required. Any work off-campus must be authorized in advance. The logistics can be somewhat confusing, so we recommend that if you are interested in employment opportunities, you first review the OIS website (www.ois.pitt.edu). You can contact an OIS Immigration Specialist for guidance and advice if you have questions.

Employment Opportunities: On & Off Campus

F1 Students are eligible for on-campus employment, restricted to 20 hours per week or less during the academic year. There is no limit to the number of hours per week during official school breaks or vacation periods (typically winter and summer breaks). J1 students must receive written authorization from OIS (or their J1 program sponsor if their DS-2019 was issued by an organization other than Pitt) prior to beginning on-campus employment.

Both F1 and J1 students may also be eligible for off-campus employment authorization. Authorization must be secured in advance. Failure to obtain authorization before working (even if the job is unpaid) can result in severe immigration consequences. It is advisable to plan up to 3 months in advance to determine your eligibility, the application process, and amount of time needed

to secure the authorization. For more information, consult the OIS website (www.ois.pitt.edu).

F1 student employment options: Optional Practical Training (OPT) & Curricular Practical Training (CPT)

Practical training is a legal means by which F-1 students can obtain employment in areas related to their academic field of study. Students, in general, must have completed one academic year (approximately nine months) in F-1 status and must maintain their F-1 status to be eligible for practical training. There are two types of practical training: Optional Curricular Training (OPT) and Curricular Practical Training (CPT). For more information about CPT and OPT programs or other topics related [visit http://www.ois.pitt.edu/immigration-info-requests/f-1-students/employment-authorization/](http://www.ois.pitt.edu/immigration-info-requests/f-1-students/employment-authorization/)

J1 student employment options: Academic Training:

Academic training is work, training, or experience related to a student's field of study and can be authorized during or after a student's program of study. Pre-completion academic training will be deducted from the total time of academic training for which you are eligible. Academic training may be authorized for full- or part-time employment. However all academic training is deducted from the total time available at the same rate. Time allotted may not exceed "the period of full course of study" or 18 months, whichever is shorter. If you received a Ph.D., your post-doctoral training may last as long as 36 months. Completing more than one degree program does not increase your academic training period.

J-1 students sponsored by the University of Pittsburgh must request authorization from the Office of International Services prior to beginning any employment under academic training. You must have a job offer in the field of your study and obtained a written recommendation for academic training from your academic advisor in order to apply for academic training with OIS.

To review exact requirements, visit OIS' website (<http://www.ois.pitt.edu/immigration-info-requests/j-1-students/employment-authorization-academic-training/>)

International Associate Program **UNDERGRADUATE ONLY**

International undergraduate students who are first year (freshman) or new transfer students will have the opportunity to apply for campus employment.

Students can receive minimum wage (currently, \$7.25 per hour), can work no more than 8 hours per week. Students who are interested can find more information at: www.studentaffairs.pitt.edu/InternationalAssociates

Academic Life at Pitt

Registering for Classes

You will register for your classes online at Pitt. A list of classes and the times they are offered is posted on PeopleSoft via www.my.pitt.edu. Department websites will often also post information about classes.

To register for classes, you must meet with your advisor first. He or she will tell you about any holds on your account that will prevent you from registering for classes and can tell you the process through which to apply for classes. The date at which you can start registering for classes will appear on your PeopleSoft page after your advising appointment.

UNDERGRADUATE ONLY Your first semester, you must complete PittStart during Orientation to be able to register for classes.

www.pittstart.pitt.edu

www.registrar.pitt.edu/enrollment.html

Cross-Registration

Through cross-registration, you are able to take classes at other universities in the Pittsburgh region including Carnegie Mellon University, Duquesne University and Chatham University. You pay the same tuition as you would at Pitt, though there may be extra course fees depending on the institution and the course. You may only take courses that are not already offered through the University of Pittsburgh. Credits earned through cross-registration are transferrable.

http://www.registrar.pitt.edu/cross_registration.html

Add/Drop Class

You may drop and/or add courses by submitting an Add/Drop form during a specific span of time called the Add/Drop Period, which is typically the first two weeks of the term. Be sure to check the Academic Calendar for the exact dates each term.

Monitored Withdrawal

Once the Add/Drop Period is over, you are required to obtain permission from the OIS office before you change your enrollment. Failure to apply for

authorization (a Reduced Course load request), can result in severe immigration issues. Contact OIS (ois@pitt.edu) if you have questions.

After Add/Drop, you are no longer able to "drop" a class; you must "Withdraw" from it, and the withdrawal is noted on your academic record. To withdraw from a course, you must meet with an advisor and fill out a Withdrawal form. The withdrawal will be processed and you will receive a "W" on your record. The "W" has no impact on QPA. Be sure to withdraw before the deadline; if you miss the deadline, then you must get written authorization from the associate dean for academic affairs (if the class is an engineering class) or the SAS dean's office (if the class is a SAS course). Authorization will only be given for extenuating, non-academic circumstances.

Academic Advisor **UNDERGRADUATE ONLY**

Your advisor is the person you see to get general information about academics. They will let you know if you are on track to graduate, what classes you still have to take, and provide guidance about your major(s) and program(s). If you have not yet officially declared a major through the University, your academic advisor is assigned to you through the school you are enrolled in (School of Arts and Sciences, School of Engineering, etc.) Once you have declared your major, each department has their own advisors to help guide students. Contact your advisor if you have any questions about your classes or your program. You will need to schedule an appointment or stop by during your advisor's drop-in hours.

www.as.pitt.edu/undergraduate/advising/index.html

www.engr2.pitt.edu/freshman/advising/

<http://www.cba.pitt.edu/academics/advising>



Grading

Grades at Pitt are on a 4.0 scale and are assigned according to the chart below. For most classes in your major you must score a C- or higher in order for the credit to be counted. Some classes and majors have different requirements so be sure to check with your advisor for specifics. If you are unsure about how grades are calculated in one of your classes, ask the professor to explain it to you. Most will be more than willing to do so.

Letter Grade	X.XX/4.0
A+	4.00
A	4.00
A-	3.75

B+	3.25
B	3.00
B-	2.75
C+	2.50
C	2.00

C-	1.75
D+	1.25
D	1.0
D-	0.75
F	0.00

Satisfactory/No Credit

Satisfactory/No Credit is an option where, instead of taking college courses for a grade, you take it with only two options: pass or fail. It is not counted in your GPA as a regular course (though you do get the full course credits) and it will show up on your transcript differently.

WARNING (S/NC Class): For most classes, you only need at least a C- for credit. If you obtain a C- in a class, then you will still get credit for the course. However, if you take a class for S/NC, then you will not receive credit for the course.

When to Take a Course Pass/Fail

Taking a college course pass/fail might be a good option when:

- You don't need the grade for your major or for graduate school.
- You are worried about a grade having an impact on your GPA or transcript.
- You want to take a course you are interested in with a little less stress than normal.

Just because you are taking a class pass/fail doesn't mean there is no work involved. You still need to study, do the reading, complete the homework and pass the exams. Additionally, if you withdraw or fail the class it will show up on your transcript.

Academic Resources: General

Academic Resource Center

<http://www.asundergrad.pitt.edu/arc>

G-1 Gardner Steel Conference Center / 412-648-7920

The Academic Resource Center (ARC) is the most comprehensive office for academic services at the University of Pittsburgh. The ARC hosts study skills workshops and tutoring for a wide range of subjects. You can call for appointments if you feel that you need academic support.

English Language Institute

<http://www.eli.pitt.edu>

2816 Cathedral of Learning / 412-624-5901

Offers English language assistance and courses for students that feel that they need extra help.

The Writing Center

www.writingcenter.pitt.edu

317B O'Hara Street Student Center (or Hillman Ground Floor) / 412-624-6556

The Writing Center provides guidance with the development, structure, grammar, and editing of all types of written assignments, essays and research papers. The Center is staffed by experienced consultants who have been trained to help others with their writing and the services are free. To arrange a one-on-one session with a writing center consultant, you can reserve a time online. If you have difficulty with the system, call 412-624-6556 for an appointment. Appointments are 25 minutes long, starting on the half-hour. You can also drop in during operating hours. If a consultant is available, you'll be seen right away.

Math Assistance Center

<http://www.mathematics.pitt.edu/about/math-assistance-center>

O'Hara Student Center, Room 215 / 412-624-8375

The Math Assistance Center (MAC Lab) is a walk-in tutoring center run by the Math Department. Graduate and Undergraduate Teaching Assistants are available to tutor and help with all undergraduate level Mathematics courses. Hours are: Mon-Thurs 9am-7pm, Friday 9am-3pm, closed on Saturday and Sunday. No appointment is necessary.

Academic Resources: Discipline Specific

Statistics Computing Lab

<http://www.stat.pitt.edu/resources/statistics-computing-lab>

Posvar 1200A

The Statistics Lab offers services to students of all graduate and undergraduate Statistics courses. Computers are available that are equipped with any software packages you may need to complete coursework. Tutoring and homework help are available as well. Check the website for hours, as they change based on the availability of the tutors.

Calculus/Engineering Computer Lab

<http://www.mathematics.pitt.edu/about/calculusengineering-computer-lab>
Posvar 1200A

A computer lab equipped with Maple and Matlab, two software programs that are often necessary to complete math homework assignments. Check the website for a schedule of walk-in times.

Physics and Astronomy Resource Room

http://www.physicsandastronomy.pitt.edu/resource_room
312 Thaw Hall / 412-624-4676

Tutoring and homework assistance for Physics students. Check the Physics Department's website for hours.

Pitt Bookstore

www.pitt.edu/~bookctr

All textbooks that are required for your classes can be found at the Pitt Bookstore located on Fifth Avenue next to Litchfield Towers. To find your required textbooks bring a printed version of your schedule to the book store, each class has a specific 5 digit class number that you match to slips of papers taped below each book. The textbook area can be overwhelming, so just ask for help ... there are plenty of workers more than willing to help you find your books. The Pitt Bookstore also offers a rental service and eBook options that the workers can tell you about.

Textbooks

Textbooks for classes can be very expensive, so look into your various options before spending more than you need to!

Selling your books back

Most textbooks you buy can be sold back to the university or online at the end of the semester for 30-50% of the original purchase price. Some textbooks that publish new editions or include worksheets to be filled out may not be sold back.

Money Saving Options

Books can also be bought at Got Used at 3601 Forbes Avenue. Some textbooks may be cheaper here, but the selection is smaller so they may not have all of your required books.

Buying or renting textbooks online is an option that will help you save money. Many websites provide this service, but the one with the widest selection is www.Chegg.com. They rent textbooks by the semester by shipping them to you and giving you a return label to ship them back when you are done.

Purchasing books online through sites like amazon.com, www.half.com, <http://www.bigwords.com>, and <http://www.textbooks.com> can also save you a lot of money and books ship fairly quickly. eBooks are also an increasingly popular and cost-saving option offered through many sites, so check and see if your required books are offered in that format.

Additionally, some professors will put textbooks on reserve in the library and allow you to use them there for free. For literature classes or any class that require novel-type books rather than textbooks, be sure to check the Hillman Library and Carnegie Library to see if the book is available to check-out for free before buying.

Blackboard/CourseWeb 101

Blackboard (also called CourseWeb) is a system used by many professors to share documents such as class notes, assignments and power point presentations. It is found at www.courseweb.pitt.edu. If one of your classes is using Blackboard, the system will automatically grant you access to the course page. Professors that use Blackboard design their course pages individually so there is a lot of variability in how the pages can be set up and used. If you are having trouble finding documents in Blackboard it may be best to talk to your professor directly either in person or through e-mail. Blackboard uses the same log in information as My.Pitt.edu and PittNet.



Classroom Etiquette

The social code of behavior between students and professors is not as precisely defined in the United States as it might be in other countries. While some professors adhere to more traditional methods, others will come to class wearing jeans and sports shirts and insist that you call them by their first names. Here are a few points of advice about college classes and interactions with professors:

- Always address teachers as “Professor” or “Doctor” unless instructed otherwise.
- Professors in the United States hold office hours, usually several times a week, when they are available for consultation. It is an opportunity to discuss projects, review material covered in class, or simply to exchange ideas on a given topic. Take advantage of the availability of office hours. These informal meetings could prove to be a turning point in your understanding of a subject and professors usually take notice of students who show interest by participating in class and by visiting during office hours.
- How you act in the classroom will depend largely on the kind of class it is. If it is a lecture style class with 30 or more students (these are usually math and science classes), then generally there will be little participation by students in the class. You are expected to quietly take notes and, if the professor invites questions during his or her lecture, feel free to raise your hand and ask questions.
- If you are in a smaller classroom with less than 30 students, class participation is usually expected and, many times, required as it is reflected in your grade. In order to participate, raising your hand is usually expected but sometimes is not necessary. If the professor encourages you to speak up without raising your hand, don’t feel intimidated to do so. While you may be nervous at first, within a class or two, it will get easier!
- Being on your cell phone is never tolerated in class and you should always make sure the ringer is silenced. Talking to other students in class, especially while the professor is speaking, is also considered rude. You also don’t want to have headphones on while class is going on. If you do bring a computer to class, make sure to be respectful of the other students around you. If you are watching YouTube when you are supposed to be paying attention, you will distract other students.

- At the undergraduate level, many Teaching Assistants (TAs) work with professors and often teach partial or full courses. These TAs are usually graduate students from the department. You should not call them “Professor” but rather “Mr.” or “Ms.” or, if they ask you to, by their first name.

The Honor Code

Most colleges and universities in the United States have established honor codes or statements of rules students are expected to follow in their academic work. These rules relate primarily to academic honesty and originality as they are defined by U.S. educational institutions. Many international students have discovered that U.S. academic rules are much different from the ones they followed at home. These rules are taken very seriously, and ignorance of the rules usually is not accepted as an excuse for breaking them. Even if a particular academic practice is accepted in your country or is part of your culture, it will not be an acceptable explanation for violating the rules at a U.S. college or university.

Pitt’s Student Code of Conduct

The Student Code of Conduct outlines behavioral standards and expectations for all University of Pittsburgh students. Take time to review it and don’t hesitate to ask questions of your advisor or of a staff member if you need something clarified.

<http://catalog.proemags.com/publication/8537e2fd#/8537e2fd/8>

Cheating

Cheating is not tolerated at U.S. colleges and universities. Cheating is defined as getting unauthorized help on an assignment, quiz, or examination. This does not mean you cannot work with other students on homework assignments, but you cannot let someone complete an assignment for you or complete an assignment for another student. You also must not receive from anyone, nor give to anyone, any information, answers, or help during an examination or any kind of test. You must not take notes or books to the examination unless the professor says it is allowed, and you must not refer to any books or notes while you are taking the test unless you are instructed otherwise.

Plagiarism

Plagiarism is another kind of cheating. It is the failure to do your own original work in written assignments. Instead, you use someone else’s words or ideas as though they were your own, without crediting the source. Plagiarism is

considered literary and intellectual theft and is vigorously condemned in academic work. When quoting words or ideas from books, magazines, web sites, recordings, films, or other sources of information, always make sure you give appropriate credit to the author in your text. Ask a professor or advisor for guidance if you are not clear on what plagiarism is and looks like.

This Website will help you understand how to cite your work in different formats:

<http://owl.english.purdue.edu/>

Division of Student Affairs: Support & Services for YOU

www.studentaffairs.pitt.edu

The Division of Student Affairs supports the academic mission of the University of Pittsburgh by enhancing student learning and development through myriad experiential learning opportunities. Working in partnership with other members of the University community, Student Affairs provides a rich array of programs and services that add considerable value to the outstanding learning experience emanating from the classroom. These offices are here to help you, so stop by if you have any questions!

Office of Student Affairs Contact Numbers

<i>Office</i>	<i>Location</i>	<i>Phone Number</i>
Career Development Office/ Student Employment and Placement Assistance	2 nd Floor William Pitt Union	412 - 648 -7130/ 412 -383- 4473
Disability Resources and Services	140 William Pitt Union	412 - 648 - 7890
Office of Cross Cultural and Leadership Development	6 th Floor William Pitt Union	412 - 648 - 7831
Pitt Arts	907 William Pitt Union	412 - 624 - 4498
PittServes	923 William Pitt Union	412 - 634 - 1065
Residence Life	935 William Pitt Union	412 - 648 - 1200
Sexual Assault Services	Wellness Center 2 nd Floor Nordenberg Hall	412 - 648 - 7930 (-7856 after hours)
Student Affairs	Wellness Center 2 nd Floor Nordenberg Hall	412 - 648 - 1006
Student Health Services	Medical Arts Building, 3708 5 th Avenue	412 - 383 - 1800
Student Life	130 William Pitt Union	412 - 648 - 1074
Study Abroad Office	802 William Pitt Union	412 - 648 – 7413

University Counseling Center	Wellness Center 2 nd Floor Nordenberg Hall	412 - 648 – 7930
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Career Development and Placement Assistance

www.careers.pitt.edu / www.sepa.pitt.edu

Consultants in the Career Development and Placement Assistance (CDPA) work closely with students to help them develop a career action plan, which could include assistance in choosing a major, learning how to build a network of professionals, and navigate a career fair. CDPA helps students develop resumes and cover letters and provides assistance with interview preparation.

In addition to the CDPA, we have the Student Employment and Placement Assistance (SEPA). Here employment specialists work closely with recruiters from all sectors, including public corporations, private businesses, nonprofit organizations, and government entities to help Pitt students pursuing careers in any field find employment opportunities. SEPA sponsors an on-campus career fair in the fall and spring, on-campus interview sessions, and much more.

Disability Resources and Services

www.drs.pitt.edu

The Office of Disability Resources and Services (DRS) provides equal opportunities and support services for academically qualified students with disabilities to ensure they are integrated as fully as possible into the University experience. Disabilities covered by this office include, but are not limited to, the following: attention deficit hyperactivity disorder, learning disabilities, chronic/systemic illness, orthopedic impairments, deafness (partial or complete), psychiatric disorders, visual disorders, and traumatic brain injuries. If you believe you fit any of these conditions visit the Disability Services office. Services include assistive technology, specialized exam accommodations, interpreters and real-time captioning and specialized housing accommodations.

Pitt Arts

www.pittarts.pitt.edu

PITT ARTS has been connecting University of Pittsburgh students to the cultural life of Pittsburgh since it was founded in 1997. The program sponsors over 110 free student outings for Pitt students each year and also provides on-campus art experiences, free museum visits and discounted cultural opportunities.

Sexual Assault Services

www.saserv.pitt.edu

Sexual Assault Services, available through the Counseling Center, provides individual and group counseling designed to alleviate the trauma associated with sexual assault. Emergency medical, legal, and police support are provided.

Sexual assault can take many different forms and most commonly victims are assaulted by someone they know. If you were forced to perform any sexual act against your will no matter what you were wearing, how much you drank or where you were it is not ok and you should seek help.

The peer education program is an integral component of Sexual Assault Service and works to create an awareness of the dynamics of sexual assault on the Pitt campus, promote healthier, more effective communication, and prevent sexual victimization through educational programming.

Student Health Services

www.studhlth.pitt.edu

Student Health Service (SHS) is a primary care facility that features a health care clinic and pharmacy staffed by medical doctors, nurses, nurse practitioners, a pharmacist, and other health care professionals. Each student pays a student health fee each semester that gives them access to SHS, which also provides a comprehensive array of educational programs and preventative medicine, including women's health services. In an emergency, please call Pitt Police at 412-624-2121 or 911.

University Counseling Center

www.counseling.pitt.edu

412-648-7930

The Counseling Center provides comprehensive and confidential personal and academic counseling to Pitt students free of charge. Staffed by psychologists, counselors, social workers, psychiatrists, and pre-doctoral interns, the counseling center provides personal and group counseling for a variety of conditions including ADHD/ADD, depression, drug and alcohol support, anxiety, grief, sexual abuse, and more. The counseling center has day and evening hours by appointment and is located on second floor of Nordenberg Hall.

The Outside the Classroom Curriculum **UNDERGRADUATE ONLY**

www.occ.pitt.edu

The Outside the Classroom Curriculum (OCC) is a University-wide initiative designed to educate the whole student through the completion of a series of

programs, activities, and experiences that complement each student's academic studies. Completing this incredible array of programs will empower students to develop skills and attributes that are absolutely necessary for success in today's global society.

Office of Cross Cultural and Leadership Development **UNDERGRADUATE ONLY**
www.cclid.pitt.edu

Cross Cultural and Leadership Development (CCLD), located on the sixth floor of the William Pitt Union, is designed to: cultivate a sense of social responsibility to others; interact and engage in meaningful dialogue and experiential learning activities; deepen their sense of self, their understanding and appreciation of cultural differences, and the important role these differences play.

Emerging Leaders **UNDERGRADUATE ONLY**
www.emergingleaders.pitt.edu/

Emerging Leaders provides students a fun and exciting method to discover and develop their personal capacity to lead effectively during college and in their future profession. The foundation of the program is one of self-discovery as the basis for leadership and is consistent with advance leadership theory. Emerging Leaders introduces and reinforces 5 key principles of leadership: Self-Knowledge, Valuing Others, Integrity, Personal Accountability, and Change.

Office of Fraternity and Sorority Life **UNDERGRADUATE ONLY**
www.studentaffairs.pitt.edu/cclidfratsor

The University of Pittsburgh Fraternity and Sorority Life is comprised of 39 fraternities and sororities belonging to the Inter-fraternity Council, the National Pan-Hellenic Council, or the Collegiate Pan-Hellenic Association. Fraternity and sorority life communities across the nation are organizations rich in tradition and dedicated to the maintenance of honor, integrity, and the values set forth by our founders. Joining a fraternal organization is not only a way to make new and lifelong friends, but it creates the opportunity to become even more involved on campus and in the community.

Pitt Global Ties Program
www.globalties.pitt.edu

Global Ties commits to welcoming our new international students into Pitt's campus community and fostering a true sense of belonging and support. Global Ties coordinates many of the programs for international students and encourages students to get involved and participate in different campus events. Expect an email from a member of the International Outreach Committee

during the summer to help answer any questions you have about America before arriving to campus.

PittServes

www.pittserves.pitt.edu

PittServes promotes and supports student participation in community service. Students sign up for Noble hour and track their volunteering progress. Opportunities are also available for students who need to complete community service hours.

Residence Life **UNDERGRADUATE ONLY**

www.reslife.pitt.edu/

The mission of Residence Life is to provide an educationally stimulating and purposeful community for residence hall students at the University of Pittsburgh. Residence Life cares about its students and advocates for their success; the staff is dedicated to the development of an inclusive community in which students feel safe and inspired to contribute and they intentionally foster relationships and develop programs and services that contribute to the education of the whole student.

Student Life **UNDERGRADUATE ONLY**

www.studentlife.pitt.edu

Student Life is the center of student involvement and engagement at the University of Pittsburgh. There are literally hundreds of options ranging from student media, community service, student employment, and peer mentoring to various types of student organizations including club sports, event programming, and other student activities.

First Year Experience **UNDERGRADUATE ONLY**

www.fye.pitt.edu

The first year of college is one of excitement, challenges, and changes. Adjusting to a large student community, living away from home or commuting, and feeling connected are factors many students encounter and need assistance with during their first year. The FYE office strives to provide new students with a variety of experiences, both before and after they arrive on campus, to assist with their transition.

The Pitt News

<http://pittnews.com>

The Pitt News is the daily student newspaper of the University of Pittsburgh. Serving the Pitt community since 1910, The Pitt News now circulates 14,000

issues per day, five days per week during the school year and once per week in the summer.

Pitt Program Council **UNDERGRADUATE ONLY**

www.pitt.edu/~ppc

The Pitt Program Council is a department in Student Life, Division of Student Affairs, at the University of Pittsburgh. As the central programming organization on campus, our student committees plan and execute a wide variety of entertainment, recreational, social, and educational activities.

Student Government Board (SGB) **UNDERGRADUATE ONLY**

www.sgb.pitt.edu

The Student Government Board is the voice of all undergraduate non-CGS students at Pitt.

Student Organization Resource Center (SORC) **UNDERGRADUATE ONLY**

www.sorc.pitt.edu

The SORC (pronounced “source”) will give you information about the over 400 student organizations at the University of Pittsburgh. These organizations include a wide array of interests, activities, and sports. If you can’t find the organization for you, all you need to do is find nine friends and begin your own!

Pitt Athletics

Sports are a big part of the on-campus culture at Pitt and attending games is a great way to relax and have fun when you are not in class! There are seventeen Division 1 sports teams at Pitt and many games are free to attend. For information on all of the sports and how to get tickets, visit: <http://www.pittsburghpanthers.com>.

Two of the most popular teams at Pitt are the football and basketball teams. In the U.S., when people refer to football, they mean American football, not soccer which is widely known as football around the world. Here is some helpful information on how to get tickets and what to do on game day!

Pitt Football

<http://www.pittsburghpanthers.com/tickets/pitt-tickets.html>

The Pitt Football season runs from September through December. Undergraduate Season Tickets for Pitt Football cost \$25 and come with a free Pitt t-shirt. The tickets are available in person at the ticket office on the first floor of the Petersen Events Center or online.

Buying a season ticket lets you attend all eight home games this season, which are listed on the website. Home games are played off-campus at Heinz Field – where the professional football team, the Pittsburgh Steelers, play.

Transportation is provided to and from campus for free. Three hours prior to the start of the buses pick up students between the William Pitt Union and the Cathedral of Learning. Once you arrive at the stadium follow the flow of students and signs pointing to the Student Entrance. At this entrance you must show your Pitt ID and game ticket to receive a wristband that determines where you will sit for the game. Seats may not be saved and are on a first-come-first-served basis.

Pitt Basketball

The basketball program is consistently in the top 15 in the country and, as a result, has a very strong following. The season runs from early November through March. Tickets for Pitt Basketball are available on a per game basis for \$5 each and must be purchased by signing into my.pitt.edu then clicking on the “Athletics Login” on the right side. On the left side of the Athletics page you click “Request/Claim Tickets.” 4-6 days prior to each basketball game you will be able to request a ticket. After 2 days the request period is closed and the university will distribute tickets to those who requested them. If you are awarded a ticket you will be notified by e-mail and have 2 days to sign back into the athletics page and claim your ticket. Once you claim your ticket you must print it off and bring it, along with your student ID, to the Petersen Event Center on the day of the game.

Seats are once again awarded on a first-come-first-served basis so try to arrive early if you want the best seats. Doors open 90 minutes prior to the game starting but students often show up several hours early to get a good seat.

Typically, students wear a tan “Oakland Zoo” shirt to basketball games. Students wear them to raise decibels, inspire Panthers, intimidate opponents, and cheer and dress like...they belong in a zoo. These shirts are available at the Pitt book store, the Pitt Shop on the corner of Forbes and Bigelow, the team store at the Petersen Events Center, and by a street vendor at the corner of De Soto St and O’Hara St on game days.

Pitt Intramural Sports & Recreation

www.intramurals.pitt.edu

The University of Pittsburgh gives any student that would like to a chance to get involved in sports through its intramural programs. Teams are organized in a number of different recreational sports that give anyone that wants to an opportunity to play. There is usually a small fee associated with joining a team and a form must be submitted to the Intramurals office with your basic information.

The city of Pittsburgh also has a number of different organizations that arrange events for people who are interested in sporting events and outdoor recreation. This is a great opportunity to venture out of the University community and meet some new people! These organizations may charge a fee for membership.

www.ventureoutdoors.org | www.pump.org

www.wallsarebad.com (Temporarily <http://www.facebook.com/wallsarebad> until renovations is complete.)

Pitt Traditions

There are countless traditions that you will learn about during your time at the University of Pittsburgh. Traditions are a shared history between students and alumni; these are a few of the traditions you will encounter at Pitt:

Lantern Night

This ceremony is for first year female students at the University of Pittsburgh. This symbolic tradition welcomes women to their journey as students at the University of Pittsburgh.

Bonfire and Pep Rally

The first week of the school year is the kickoff to football season. During this time, a bonfire and pep rally is organized on the Cathedral of Learning lawn to kick off the football season with excitement!

March to Victory

Prior to every Pitt home football game, the University of Pittsburgh Varsity Marching Band parades to Heinz field playing the Pitt Fight Song along the way. Hail to Pitt!

Homecoming and Fireworks

Each year, usually during the month of October, the University of Pittsburgh celebrates Homecoming. This weekend of festivities is an invitation to alumni to come back and join current students to celebrate the University. Each year, a fireworks display takes place the Friday night of Homecoming right in the heart of Oakland.

Victory Lights

The University has many athletic teams on campus and each one contributes an important part of school spirit. To celebrate the victories of our teams, the yellow lights at the top of the Cathedral are lit on the night of each win.

Omicron Delta Kappa Walk

Each year, one senior at the University of Pittsburgh is chosen as Senior of the Year. This student exemplifies leadership and service to the University. The name of this student or students is engraved along the walkway between the Cathedral of Learning and Heinz Chapel on the Fifth Avenue side of the lawn.

Honors Convocation

Students throughout the University achieve academic or leadership accomplishments during their time at Pitt. These students are recognized for their successes at a ceremony held in late February, every year.

Varsity Walk

Similar to senior of the year, a female senior athlete and a male senior athlete are chosen for their outstanding performance throughout the course of their athletic career. The names of these students are engraved along the sidewalk between the Cathedral of Learning and Heinz Chapel on the Forbes Avenue side of the lawn.

Pitt Fight Song (Hail to Pitt!)

Hail to Pitt, hail to Pitt every loyal son
Hail to Pitt, hail to Pitt 'til the victory is won
The gold and blue shall wave forever
On high through fair and stormy weather
We'll sing her praises far and wide
Until the end of time
Hooperay, hooperay for dear old U-N-I

We'll give a grand old alleghenee, genac, genac, genac

We'll wave and cheer for many a year

And sing our songs out loud and clear

For our university.

Pitt Alma Mater

Alma mater, wise and glorious

Child of light and bride of truth

Over fate and foe victorious

Dowered with eternal youth.

Crowned with love of son and daughter

Thou shalt conquer as of yore.

Dear old Pittsburgh, Alma Mater

God preserve thee evermore.



Food Glorious Food!

You will not go hungry here at Pitt. Between campus dining facilities and local restaurants in Oakland you have a variety of food options from around the world. This section will introduce you to tipping/gratuity, Market Central (Pitt's largest dining facility) and provide a list of restaurants that are within walking distance.

Food & Healthy Eating

Some people find it difficult to eat as healthy in the U.S. as they had in their home countries. Even with its countless fast food restaurants, the United States still offers a number of healthy alternatives. Healthy eating is a priority to many Americans and as a result many restaurants – and Dining Services at Pitt - offer healthy alternatives on their menus. If you are struggling with knowing what to eat, Student Health offers the opportunity to visit with a dietician for free. Student Health (412-383-1800)

<http://www.studentaffairs.pitt.edu/shsmedicalservices/>

On Campus Dining

Market Central

Litchfield Towers Lobby

Market Central is the main dining facility at Pitt. It is an all-you-care-to-eat facility made up of several stations with different menus. When you first arrive you need to go to one of the computers at the entrance and allow a worker to swipe your Pitt ID. This swipe will cost you 1 dining pass from your meal plan. If you do not have any dining passes you can use dining dollars to pay the entrance fee. If you do not have dining passes or dining dollars they also accept cash and credit cards.

Basic Market Central Etiquette

Plates and bowls are generally located at each station for your convenience. Silverware is available at several stations found throughout Market Central. There are three drink stations, one next to Flying Star, one next to Bella Trattoria, and one across from Tutto Fresco. After finishing your meal, bring your dishes to the rotating tray system to the right of Flying Star Diner and place them on one of the metal racks.

Cooking in Residence Halls **UNDERGRADUATE ONLY**

Cooking in residence halls is a challenge, but you can get creative! While there are no stoves or ovens in the halls, you can have a refrigerator and microwave in your room. If you have a question about a specific cooking item – rice cooker, electric teapot, etc - ask your Resident Assistant (RA) to see if it is

allowed. That said, anything that you can make in a microwave, you can make in your room and websites like www.allrecipes.com have sections completely dedicated to the art of microwave cooking! Just be careful not to burn anything because that can set off the fire alarm. Many students eat food that is easy to prepare, fast and cheap. These foods include canned soup, mac 'n cheese and ramen. You may purchase these foods at Quick Zone or nearby convenience stores.

If you are living in apartment-style campus housing, you will have access to stoves and ovens, depending on where you live. Some apartments have a communal kitchen space, and others have kitchens in individual apartments. Pots, pans and other cookware are not provided. Be sure to clean up after yourself in communal kitchens since everyone is using the same kitchen space as you.

Off Campus Dining

Tipping/Gratuity

<http://www.tipping.org>

In the U.S. waiters and waitresses who bring you food to the table are paid about \$4 - less than minimum wage. To show gratitude for good service, we tip servers. A tip is a bit of money, usually cash, left for the waiter or waitress that served you. This amount is separate from the total bill.

Typically the tip is left in cash on the table or can be handed directly to your server. If you are paying with a credit or debit card, you can add the tip to the total on the receipt before you sign. When you are with a group of 8 or more people, many restaurants will automatically add a tip - often called "gratuity" - to your bill. If this happens, it is not necessary to leave an additional tip on the table.

The minimum tip is 10% of the bill, 15% is the standard, but if the server did an exceptional job people often leave more ... up to 20%!

In the United States it is customary and expected to tip your service providers as a way to show appreciation for their service. It should be kept in mind that tips are a way of expressing satisfaction and are given because many people, including servers and bartenders because their pay is to be supplemented with the tips they make. Larger tips should be left for those who provide extraordinarily good service; smaller tips should be left when service is poor. All percentages are out of the entire price of what you are buying.

Restaurant Waiter/Waitress 20%
Food Delivery Driver 15-20%
Bartender 10-15%
Taxi Driver 15%
Haircut 15%

*You should never tip police officers, physicians, government or University employees. It may be interpreted as a bribe, which is illegal. You do not tip bus drivers, theatre ushers, museum guides, salespeople, employees at fast food restaurants, or hotel clerks.

Eating Out in Oakland!

There are over 60 restaurants in the Oakland area with everything from American burgers to sushi! The restaurants listed below are some of the favorites among Pitt students. The type of cuisine, price range and location are also provided. Remember, if you want to go to one of these restaurants, feel free to ask an International Outreach Committee member to show you where it's located. Many of the restaurants off of Forbes offer late night specials, so be sure to ask around!

Oakland Restaurant List

For a completed updated list of the restaurants around Pitt, visit:

<http://www.urbanspoon.com/n/23/2221/Pittsburgh/Oakland-restaurants>

Note: Remember if you sit down and a server comes and takes your order you should give him/her a 15-20% tip in addition to your total bill

More Food Options! (\$)

- Food stands inside Schenley Plaza (the grass across from the Cathedral)
- Food vans on Bigelow Blvd (Two Indian vans and a Thai van)

Done with dinner? Get ready for dessert!

Dave and Andy's (\$)

Homemade ice cream and sherbet
207 Atwood Street / 412-681-9906
<http://www.facebook.com/DaveNAndys>

Dozen Bake Shop (\$)

Cupcakes, breads and other baked goods
417 S. Craig Street / 412-682-1718
<http://dozenbakeshop.com/>

Pittsburgh Popcorn Company

3710 5th Avenue/ 412-605-0444

Razzy Fresh (\$)

Frozen yogurt/add your own toppings

3533 Forbes Avenue OR 300 S.

Craig Street

<http://www.razzyfresh.com/>

Rita's Italian Ice (\$)

A must-try for all Pitt students!

3712 5th Avenue

<http://www.ritasice.com/>

Study Night? Order Food & Have it Delivered!

A few websites let you order your food online from Oakland and area restaurants for pick up or delivery! They are easy to use and you can even set up an account so you don't have to enter your information multiple times.

<http://www.grubhub.com>

<http://www.wheeldeliver.net>

<http://www.allmenus.com>

Half-offs

Restaurants in Oakland will offer food at 50% of the normal cost at certain times during the day or night, usually the hour before lunch and late night. To find out which restaurant does this, visit their website.



Typical American Dishes:

As in many other nations, the food in America is diverse and regional. Often, the first things students notice upon arrival is not just the different foods that are available, but the variety of choices. This section is meant to give you more insight into what is available and describe some common food items that might be different from what you're used to.

Salads: *There are many different kinds of vegetable salads served in almost every restaurant you will visit. Below are some popular kinds you will see regularly.*

Pasta salad prepared with one or more types of pasta, usually eaten cold, and most often tossed in a

vinegar, oil or mayonnaise-based dressing. It is typically served as an appetizer or a main course.



Chef salad is made with hard-boiled eggs, meats such as ham, turkey, chicken, or roast beef, tomatoes, cucumbers, and cheese; all placed upon a bed of tossed lettuce or other leaf vegetables.



Chicken salad is similar to potato salad, but has chicken as a main ingredient. Other common

ingredients include mayonnaise, hard-boiled egg, celery, and pepper. Chicken salad can be served on its own or in a sandwich.

Caesar salad is made with a special kind of lettuce called Romaine lettuce. It usually doesn't have any other



vegetables but has dried bread crumbs called croutons and parmesan cheese. Caesar salad dressing is usually made from lemon juice, olive oil, egg, Worcestershire sauce, garlic, and black pepper.



Antipasto (meaning before the pasta) is a traditional Italian style salad usually eaten as an appetizer. Usually it includes different cured meats, olives, pepperoncini, mushrooms, anchovies, artichoke hearts, various cheeses (such as provolone or mozzarella), pickled meats and vegetables (both in oil

or in vinegar).

Salad Dressing: *The kinds of salad dressing available can vary from restaurant to restaurant, but Ranch and Italian are two of the most common. Many people will order their dressing “on the side” when they order a salad to make sure they like it, and so that they can put on as much or as little as they like.*

Ranch dressing is one of the more popular salad dressing choices. It is creamy and mild, and goes with most salads.



is a lighter option compared to ranch dressing.

Vinaigrette is very similar to Italian dressing, but is usually made with dark balsamic vinegar.

Italian dressing is another popular salad dressing choice. It is mainly a mixture of oil and vinegar with spices to add flavor (but is not spicy!). Usually it



Thousand Island dressing is similar to Ranch dressing, but sweeter. It is orange in color and also very creamy.



Bread: *There are many different types of bread to choose from when you are at the grocery store and when ordering at a restaurant. Brown and whole-wheat breads usually have the most nutrition benefits, while other kinds of breads such as tortillas and flat breads are usually served with foods from different ethnic traditions such as Mexican, Middle Eastern, or Indian food.*

Brown bread is made with significant amounts of whole grain flour, and sometimes dark-colored ingredients such as molasses or coffee.



Whole-wheat bread is made using flour that comes from whole or almost-whole wheat grains.



White bread is made from refined wheat flour which gives it its white color.



Tortillas come from Mexico and are a round, flat bread used to wrap different foods such as burritos, enchiladas, and different kinds of sandwich fillings.



Cheese: *Cheese is a popular addition to most salads, appetizers, and main dishes in the US.*

Cheddar cheese is a hard cheese and can be either pale yellow or white in color.

Cheddar cheese is generally pretty mild but can sometimes have a sharp flavor. It is commonly used in many different dishes, and often accompanies Mexican food.

Pepper Jack cheese is made from a mild flavored cheese but



includes spicy hot peppers for flavor.

Swiss cheese is a generic name for several related varieties of cheese which resemble the Swiss Emmental. It has a savory, but not very sharp, taste. Some Swiss cheese has holes in it and is used in sandwiches.





American cheese is a processed cheese that can be orange, yellow, or white in color and mild in flavor. It is usually used in

sandwiches. Today's American cheese is manufactured from a set of ingredient such as milk, whey, milk fat, milk protein concentrate, whey protein concentrate, and salt.

Common Pittsburgh Dishes: *Most people think of American food as hamburgers and hot dogs, but American food comes from a variety of tradition including Italian, German, Polish, Mexican, British, Indian, and Thai.*

Below are some popular foods in Pittsburgh, most of which can be found in restaurants across the United States. We hope you'll try some of the new and delicious foods that can be found nearby!

Pierogi are a traditional Polish



food, but are very popular in Pittsburgh

due to the large Polish community that immigrated to Pittsburgh during the early 20th century. Pierogis are a kind of dumpling filled with either potato or cheese, sauerkraut (a pickled vegetable), or meat, and covered in a butter sauce.

They are special because all sandwiches come with French fries and coleslaw in the sandwich! These are only sold at Primanti Bros. shops in Pittsburgh.

Hoagie is just another term for a



submarine sandwich (or sub) used in Pennsylvania. An Italian bun or piece of

French bread is cut across the middle and filled with different meats, vegetables, and cheeses.

Primanti Brothers sandwiches are



another special Pittsburgh food.

Philly cheese steak, also known as



just a cheese steak or steak and cheese,

and it is a popular regional fast food with roots in the city of Philadelphia, Pennsylvania. Steak slices are quickly browned on a grill in oil and then scrambled into smaller. Slices of cheese are then placed over the meat, letting it melt, and then the roll is placed on top of the cheese. Often sautéed onions, mushrooms, peppers, and sauces are added.

Pulled pork is barbecued pork that has been cooked on low heat for a long time so the meat is tender and can be pulled off the bones (thus “pulled pork”). It is sweet and tangy and can be spicy. Often it is served on a hamburger bun.



Chicken fingers (also called chicken tenders) are strips of chicken (that sometimes look like fingers) and deep fried. These “fingers” are often eaten as appetizers, but can also be eaten as a main course served with different flavored sauces for dipping.



Macaroni and cheese (also called mac and cheese) is a dish



traditionally made with small macaroni pasta

covered in a cheese sauce and baked. You can also find mac and cheese mixes in boxes at the grocery store.

Chicken noodle soup is a



traditional American soup made from chicken broth with

small pasta added to it, and sometimes other vegetables.

Chicken noodle soup is great in the winter, and especially when you have a cold.

Isaly's chipped ham is native to



Pittsburgh and made its debut in 1933.

Chopped ham is a mixture of ham chunks

and trimmings and seasonings, ground together and then packaged into loaves. The

processed ham is then thinly sliced and used in sandwiches.

Tacos are a Mexican dish that has become a staple in the American diet. A Taco is composed of a corn or wheat tortilla (flatbread) folded or rolled around a meat or vegetable filling. Tacos are usually eaten without forks and knives and may also include salsa, guacamole, cilantro, tomatoes, and lettuce.



Burritos are similar to tacos, but it is a wheat flour tortilla wrapped or folded into a roughly cylindrical shape to completely enclose a filling. Fillings generally include a combination of ingredients such as Mexican-style rice or plain rice, refried beans or beans, lettuce, salsa, meat, avocado, cheese, and sour cream.

Peanut butter and jelly



sandwiches (PB&J) are considered a staple American food by many. Peanut butter

and then jam or jelly (traditionally grape or strawberry) is spread between two pieces of bread. Very sweet, and very filling.

American style pancakes (also



called hotcakes) are usually eaten for breakfast, but most

diner style restaurants will serve them all day long. American pancakes are big and fluffy and sweet, unlike French crêpes which are thin and can sometimes be savory. Pancakes are sometimes made with fruit, but are almost always served with a sweet syrup and butter. Maple syrup is a must-try if you have not had it before!

Snacks: *Most of these snacks can be found at Kennywood Amusement Park, PNC Park, the pub, or as an appetizer in a restaurant. Some might be familiar, and we hope you'll try and like some of our favorites listed here.*

Corn dogs are hot dogs covered with corn bread and deep fried. They are usually



served at fairs and amusement parks and can be served with ketchup and mustard.

Buffalo wings are chicken wings and legs that are usually deep fried and then covered in a sauce. Buffalo wings are small and can be spicy.



Nachos have become a popular snack food at most games and events.



Nachos are tortilla chips that are served with melted cheese, but often at restaurants you'll also be served nachos with salsa (a spicy tomato sauce), jalapeños (spicy peppers), guacamole (avocado dip), and sour cream.

Mozzarella sticks are often served as an appetizer at restaurants or as a snack at events. They are long pieces of mozzarella cheese that are



covered in batter and deep fried. Usually mozzarella sticks are served with a marinara sauce for dipping.

Poppers are similar to mozzarella sticks, but they are pieces of cheese and jalapeño pepper breaded and deep fried. The pepper makes this snack a bit spicy.



Hummus and pita is a Middle-Eastern snack that has become popular in the US.



Hummus is made from chick peas (garbanzo beans) and tahini paste. It can be flavored with garlic, lemon, peppers, and other spices. Hummus is traditionally eaten with pita bread, flat bread made from wheat.

Desserts: *We definitely have a sweet tooth in America. Here are some treats that are typically American indulgences.*



Cupcakes are small, individual cakes served with a sugary icing cakes served with many different flavors, not just traditional vanilla and chocolate.

Funnel cake is another food that is popular at fairs and amusement parks. It is sweet fried dough covered with powdered sugar.



Whoopie pies (also called Gobs) are made from two small round chocolate cakes that have vanilla frosting in the middle.

Pie in America usually means a short crust pastry filled with sweet fruit filling. Apple pie is probably the most traditional dish.



Ice cream sundaes typically consist of a scoop of ice cream topped with sauce or syrup and in some cases other toppings such as chopped nuts, sprinkles, whipped cream, or maraschino cherries. Traditionally, sundaes are served in a tall glass with a cherry on top. Cherry, chocolate, and strawberry are all popular syrup choices.

S'mores is created by placing a roasted marshmallow between two graham crackers (sweet biscuits) with a piece of chocolate. S'mores is a popular camping snack which can easily be made over a campfire and eaten.



Shopping

Shopping in the United States is almost a hobby, a pastime. From shopping malls, to food stores, to specialty stores, Americans love to shop. The Pittsburgh Neighborhoods section of this guide details specific stores you will find in each neighborhood and this section covers shopping in general terms.

Sales, Coupons & Loyalty Programs

Many stores have sales or specials when the cost of some of their merchandise is temporarily reduced. Shoppers also use coupons to save money. Coupons for money off a product can be found in newspapers, magazines and online. Additionally, many stores offer loyalty programs which cost no money to join and reward you for frequent shopping through special member only discounts when your membership card is scanned. Before you join a program ask the store clerk if there is a fee.

Returning / Exchanging Items

Most stores will allow you to return or exchange an item, particularly if they are damaged or do not fit. You should save your receipts because they are typically required to return or exchange an item. Always note what the store's return/exchange policy is as these policies vary from store to store.

Grocery Stores/ Supermarkets

Most food shopping in America is done in a grocery store. They sell a general line of food products, such as canned and frozen foods; fresh fruits and vegetables; fresh and prepared meats, fish, and poultry; as well as nonfood products ranging from personal care items like toothpaste and shampoo to magazines, books and movies. Within Pittsburgh there are a number of different grocery store chains, such as Giant Eagle, Costco, and Aldi. There are also several individual shops that cater to specific cuisines.

Indian:

- Kohli's Indian Imports: 319 S. Craig St. / 412 - 621 - 1800
- Bombay Food Market: 4605 Centre Ave / 412 - 687 – 7100
- Bombay Mart
326 Atwood St./ 412-268-2616

East Asian:

- Lotus Food Company: 1649 Penn Ave / 412 - 281 - 3050
- Tokyo Japanese Food Store: 5855 Ellsworth Ave / 412 - 661 - 3777
- Yi Chung Kwan Grocery: 4701 5th Ave / 412 - 622 – 7313
- Seoul Mart
4705 5th Ave/ 412-622-7313

Italian:

- Groceria Merante: 3454 Bates St / 412 - 683 - 3924

International - Asian, African, Latin American & Jamaican:

- Ou's International Co.: 705 Penn Ave / 412 - 731 - 0707

Mexican:

- Las Palmas Carniceria y Supermercados: 326 Atwood St / 412 - 682 - 1115

Shopping Malls

Many Americans love to shop and can often be found spending their free time in a mall. A mall houses many different stores that cater to a number of different needs. Items found most commonly at a mall are clothing, shoes, makeup, décor, gifts, books and service businesses like salons (haircuts, manicures, massage).

Indoor Malls

Monroeville Mall: www.monroevillemall.com

Ross Park Mall: www.ross-park-mall.com

The Galleria of Mount Lebanon: www.galleriapgh.com

Galleria at Pittsburgh Mills: www.pittsburghmills.com

The Mall at Robinson: www.shoprobinsonmall.com

Outdoor Shopping Areas

Bakery Square: <http://bakery-square.com/>

South Side Works: www.southsideworks.com

The Waterfront: www.waterfrontpgh.com

All-Purpose Stores

Some chain stores in the U.S. carry a large variety of items for “one-stop shopping.” These types of stores sell almost everything you can imagine including: food, clothes, personal care items, furniture, toys, sports equipment, home décor, books, movies, cleaning products, electronics and much more.

Two major stores are Target (www.target.com) and Wal-Mart (www.walmart.com). To find the store nearest you, visit the website and locate the store finder feature. Simply enter your zip code (5 numbers at the end of your address) and it will show you a list of locations in your area.

Outdoor Markets

Outdoor markets can be found throughout Pittsburgh during the spring, summer, and fall months. Licensed vendors sell items they have grown or made

themselves. Fruit, vegetables, baked goods, and meat are common items that can be found in outdoor markets. One of the best areas of Pittsburgh to visit a number of different vendors is the Strip District where you can find international and local food items. During the winter the weather in Pittsburgh becomes too cold for most sellers to be outside, so don't expect to find many outdoor markets during the winter months.

Farmer's Markets: <http://pittsburghpa.gov/citiparks/farmers-market>

The Strip District: www.neighborsinthestrip.com & www.pittsburghpublicmarket.org

Places of Worship

Pittsburgh offers a large number and range of worship sites. It would be impossible to list all the places where students have found spiritual homes, but for additional information on religious communities in the Greater Pittsburgh area, contact the University Association of Chaplaincies <http://www.pitt.edu/~chaplain>. To learn about religiously affiliated student groups on campus, visit the online Student Organization Resource Center (SORC) and select "Student Organizations" <http://www.sorc.pitt.edu>

NAME	RELIGION	ADDRESS	PHONE	
Islamic Center of Pittsburgh	Islam	4100 Bigelow Blvd Pittsburgh, PA 15213	412-682-5555	http://www.icp-ogh.org
Al-Masjid Al-Awwal	Islam	1911 Wylie Avenue Pittsburgh, PA 15219	412-434-7979	www.firstmuslimmosque.com
Masjid At-Tawheed	Islam	1424 Banksville Rd. Second Floor Pittsburgh, PA 15216	412-344-4404 (OR) 412-531-4131	N/A
Muslim Community Center	Islam	233 Seaman Lane, PO Box 883	412-373-0101	www.mccgp.net
Jewish University Center	Jewish	4607 Forbes Ave	412-621-8875	www.hilleljuc.org

Rodef Shalom	Jewish	4905 Fifth Ave.	412-621-6566	www.rodeshalom.org
Korean Central Church of Pittsburgh	Korean	821 S. Aiken Ave.	412-687-7775	http://kccp.org
Saint Gregory Russian Orthodox Church	Russian	214 E. 15th Ave. Homestead PA 15120	412-461-2426	http://www.stgregoryrussianchurch.org/
Korean United Presbyterian Church of Pittsburgh (KUPCP)	S. Korean	7600 Ross Park Drive, Pittsburgh PA 15237	412-369-9470	www.kupcp.org/
Korean Central Church of Pittsburgh	Korean	821 South Aiken Avenue Pittsburgh, PA 15232	412-687-7775	www.centralchurchpitt.com
Pittsburgh Chinese Church (Oakland Location)	Chinese	134 N. Dithridge St. Pittsburgh, PA 15213	412-366-9770 (OR) 412-687-3060	www.pccoakland.org/
Pittsburgh Buddhist Center	S. Asian (Thai, Cambodian, Laos, Burmese)	111, Route 908, Natrona Heights, PA 15065	724-295-2525	www.pittsburghbuddhistcenter.org
Omo Ling Bon Buddhist Center	Tibetan	1101 Greenfield Ave, Pittsburgh PA 15217	412-904-1112	www.olmoling.org
Three Rivers Dharma Center	Tibetan	201 S. Craig St, Pittsburgh PA 15213	412-371-0516	www.threeriversdharma.org

Sri Venkateswara Temple	Hindu	1230 South McCully Drive, P.O. Box 17280, Penn Hills, PA 15235	412-373-3380	www.svtemple.org
Hindu Jain Temple	Hindu	615 Illini Drive Monroeville, PA 15146	724-325-2054	www.hindujaintemple.org
Saint Regis	Spanish speaking Catholic service (12:00PM on Sundays)	3235 Parkview Ave. Pittsburgh, PA 15213	412-681-9365	www.stregisparish.org
St Nicolas Greek Orthodox Church	Greek/Russian	419 South Dithridge Street Pittsburgh PA 15213	412-682-3866	www.stnickspgh.org

Christian-Based Religion Churches:

- *Bellefield Presbyterian Church* 4001 Fifth Ave. (412-687-3222)
- *Church of Jesus Christ of LDS* 236 N. Dithridge St. (412-802-6086)
- *Church of the Ascension* 4729 Ellsworth Ave. (412-621-4361)
- *City Reformed Presbyterian Church* 3524 Blvd of the Allies (412-720-7014) <http://www.cityreformed.org>
- *First Baptist Church* 159 N. Bellefield Ave. (412-621-0500)
- *First Church of Christ, Scientist* 201 N. Dithridge St. (412-621-5339)
- *First Trinity Lutheran Church* 535 N. Neville St. (412-683-4121)
- *Heinz Memorial Chapel* 1212 Cathedral of Learning, 4200 Fifth Ave (412-624-4157) <http://www.heinzchapel.pitt.edu>
- *Holy Spirit Byzantine Catholic Church* 4815 Fifth Ave. (412-687-1220)

- *Lutheran University Center*
4515 Forbes Ave. (412-682-6886)
- *Ryan Catholic Newman Center*
4450 Bayard St. (412-681-3181)
<http://www.pittsburghoratory.org>
- *St. Andrew's Lutheran Church*
304 Morewood Ave. (412-682-3342)
- *St. Nicolas Greek Orthodox* 419
S. Dithridge St. (412-682-3866)
- *St. Paul's Cathedral* 108 N.
Dithridge Street (412-621-4951)
- *Tree of Life Open Bible Church*
54 Bates St. (412-475-8733)
www.reachingoakland.com

Exploring Pittsburgh & Beyond

There are many transportation options in Pittsburgh for exploring within the city and beyond. Using the Pitt Shuttles and public transit – buses, inclines and light rail system – will help you learn about Pittsburgh and all it has to offer. *Nervous about exploring on your own?* Invite a friend to join you!

If you plan to travel outside of the United States, check in first with your OIS Immigration Specialist. The U.S. Department of State and the Customs and Border Protection bureau of Department of Homeland Security have increased the level of review that international visitors face and you will need to be aware of important immigration and security regulations to ensure that you can leave and re-enter the U.S.

Pitt Shuttles

<http://www.pc.pitt.edu/transportation/routes.html>

Riding on the university shuttles is free for Pitt students; just show your Pitt ID when boarding the shuttle. These mini-buses take students to different parts of campus and to neighborhoods surrounding campus. Shuttle schedules, maps and pickup locations are available online. Pitt Shuttles can now be tracked by GPS via www.pittshuttle.com (Use www.pittshuttle.com/m/ on your mobile phone.)

Safe Rider / 412-648-2255

<http://www.pc.pitt.edu/transportation/saferider.html>

If you are out late at night and need a ride back to campus, SafeRider is the number to call. Service is limited to after-dark transportation between campus buildings, from local residences to campus buildings, and from campus to local

residences within the travel boundaries as listed on the website. You can also call SafeRider from Pittsburgh's Greyhound, Amtrack, and MegaBus stations under the following special circumstances:

- On Sundays
- On days the University shuttle system operates on a Holiday Schedule
- The day before classes resume after a break or recess
- The first day classes resume after a break or recess

You are permitted one round trip per night and a maximum of 20 trips per semester. Save this number to your cell phone: 412-648-2255.

Biking in Pittsburgh

<http://www.pts.pitt.edu/Commuting/bicycling>

Biking is becoming an increasingly popular form of transportation in Pittsburgh. The University of Pittsburgh is a bike friendly campus and the website above contains detailed information on officially registering your bike with Pitt, bike rack locations, local bike trail maps and Pennsylvania bike laws (i.e.: no riding on sidewalks in business districts like Oakland). For biking around the rest of the city, check out the Bike Pittsburgh Website: <http://bike-pgh.org>

Bike & Walking Trails

<http://www.friendsoftheriverfront.org/>

Heritage Trails in the city includes a series of biking and walking trails that allow outdoors enthusiasts to travel in and around the city and into the suburbs of Pittsburgh by bike or on foot. Information and maps regarding these trails are available at the website listed above.

Pittsburgh Port Authority

www.portauthority.org

The Pittsburgh Port Authority operates public transportation including buses, inclines, and the light rail transit system (The "T") in the city and immediately surrounding areas.

Schedules can be obtained online or in the William Pitt Union lobby near the information desk. If you have specific questions, attendants at the information desk will be able to assist you. When reading schedules, it is important to remember that inbound routes indicate routes heading toward downtown Pittsburgh. Outbound routes are all routes traveling away from downtown to other parts of Pittsburgh

Riding buses, the inclines, and the "T" is free to students with a valid Pitt ID. If you are riding the bus on an inbound route, show and scan your ID as you enter.

On outbound routes, show and scan your ID as you exit. If you are not sure, just ask. After 7:00pm, you need to show your ID upon entry no matter which direction you are headed.

You can travel to the following neighborhoods from Pitt/Oakland via the following buses which are labeled on the tall blue and white signs at bus stops.

Google Transit

www.google.com/transit

If you know the address of your starting destination and ending destination, Google Transit is a great site. This site provides step by step instructions from point A to point B and includes maps, transfers, times, and walking directions between buses if needed. You can also get an estimated time on your smart phone by using Google maps.

Taxis

http://www.pghtrans.com/yellow_cab.cfm

It is rare that you will find a taxi driving around the city throughout the day. In order to obtain a cab, you must call in advance and let them know where you want to be picked up and at what time. You will need to call Yellow Cab at 412 - 321-8100 to reserve a cab. It is difficult to obtain a cab at night during the weekends (Friday and Saturday). Be patient and continue to call if your cab does not arrive in a timely fashion.

Zip Car (rental car)

www.zipcar.com

Only students who have a valid U.S. Driver's License can sign-up to use Zip Cars. You sign up for an account online and pay a registration fee. Once approved, you can reserve an automobile for a few hours, an entire day or multiple days and can pick up the car at various locations throughout Oakland and Pittsburgh. The cost of renting through Zip Car includes the cost of gas and insurance. Prices vary between weekdays and weekends, but rates start at \$9.75 an hour and go up to \$75.00 a day.

Megabus (bus travel)

<http://www.megabus.com>

Megabus is an affordable way to travel through the northeastern region of the U.S. These buses offer free Wi-Fi and electric outlets at each individual seat. Some fares are as low as \$1 if you book early. From Pittsburgh you can travel to 16 cities in the United States and Canada including Philadelphia, PA, Washington, D.C., and New York, NY. Megabus picks up and drops off

passengers at the Gateway T Subway Station, between Stanwix Street and Liberty Avenue, in front of Two Gateway Center.

Greyhound (bus travel)

<http://www.greyhound.com>

If you are looking to travel beyond the northeast by bus, Greyhound can take you there. Greyhound Lines, Inc. is the largest provider of intercity bus transportation, serving more than 2,300 destinations with 13,000 daily departures across North America. The Pittsburgh bus station is at 55 11th Street.

Amtrak (train travel)

<http://www.amtrak.com>

Amtrak is celebrating 40 years as America's railroad. Consider planning a trip "on the rails." It's a fun and unique way to see the United States and trips can be planned online. The Amtrak station in Pittsburgh is located at 1100 Liberty Avenue.

Pittsburgh International Airport

<http://www.pitairport.com>

Pittsburgh International Airport serves domestic and international locations and is a major hub for U.S. Airways. It is located about 20 minutes outside of the city and various buses and shuttles are available to get you to and from the airport.

Uber and Lyft

www.uber.com // www.lyft.com

app must be downloaded on a cellphone to work

Uber and **Lyft** are American international transportation companies that use mobile apps, which allow consumers with smartphones to submit a trip request which is then routed to drivers who use their own cars. Payment is completed via the app and must use a credit or debit card. Cash is not permitted. ***First-time users of Uber or Lyft can receive a free ride (up to \$20) by using the following codes: Uber (4nadlue) and Lyft (Shawntia2).*** Codes MUST be added to the "payment" section BEFORE requesting a ride.

Pitt Academic Calendar & U.S. National Holidays (2015-2016)

August 19, 2015	Early On campus Move-In Day	First day of moving into resident halls for international students and other students with special permission.
August 19-August 23, 2015	International Student Orientation	Orientation for all new International students. International students are still required to attend “New and Transfer Student Orientation” Starting August 24 th
August 24-August 30, 2015	New and Transfer Student Orientation	Orientation for all new and transfer University of Pittsburgh students.
August 31, 2015	Classes Begin	First day of classes for the Fall 2015 term.
September 7, 2015	Labor Day	No classes, Pitt offices closed, banks, post offices, and government offices closed.
October 12, 2015	Columbus Day	No classes, Pitt offices closed, banks, post offices, and government offices closed.
October 31, 2015	Halloween	<i>Classes as scheduled</i>
November 11, 2015	Veteran’s Day	Banks, post offices, and government offices closed.
November 25 - 29, 2015	Thanksgiving Break	No Classes, Pitt offices closed November 25-29.
November 26, 2015	Thanksgiving Day	No classes, Pitt offices closed, banks, post offices, and government offices closed.
December 11, 2015	Last Day of Class	Final day of classes for the Fall 2015 term.

December 14-19, 2015	Final Exam Period	In-class finals will be held over these days. Check your syllabi to be sure of your finals schedule
December 20, 2015 - January 5, 2016	Winter Recess	No Classes, Pitt offices closed December 20, 2015 - January 3, 2016.
December 25, 2015	Christmas Day	No classes, Pitt offices closed, banks, post offices, and government offices closed.
January 1, 2016	New Year's Day	No classes, Pitt offices closed, banks, post offices, and government offices closed.
January 4, 2016	Pitt Reopens	Pitt offices reopen for the Spring 2016 term
January 6, 2016	Classes Begin	First day of classes for Spring 2016 term.
January 18, 2016	Martin Luther King's Birthday	No classes, Pitt offices closed, banks, post offices, and government offices closed.
February 14, 2016	Valentine's Day	<i>Classes as scheduled</i>
February 15, 2016	President's Day	Banks, post offices, and government offices closed. Pitt open & classes as scheduled.
March 6 - 13, 2016	Spring Recess	No classes.
March 11, 2016	Spring Holiday	No classes, Pitt offices closed.
March 17, 2016	St. Patrick's Day	<i>Classes as scheduled</i>
April 23, 2016	Reading Day	All-campus day to study for finals.

April 22, 2016	Last Day of Class	Final day of classes for Spring 2016 term.
April 25-30, 2016	Final Exam Period	In-class finals will be held over these days. Check your syllabi to be sure of your finals schedule
April 26, 2016	Commencement	Day of celebration as Pitt awards degrees to undergraduate and graduate students.
May 25, 2016	Memorial Day	No classes, Pitt offices closed, banks, post offices, and government offices closed.
June 14, 2016	Flag Day	State offices closed.
July 4, 2016	Independence Day	No classes, Pitt offices closed, banks, post offices, and government offices closed.

Important Campus Contact Numbers

Office	Location	Telephone Number	Web Site
Academic Resource Center (ARC)	G-1 Gardner Steel Conference	412 - 648 - 7920	www.asundergrad.pitt.edu/offices/arc/index.html
Athletics Office	3115 Peterson Event Center	412 - 648 - 8200	www.pittsburghpanthers.com
The Book Center	Holland Hall	412 - 648 - 1455	www.pitt.edu/~bookctr/
Campus Police	3412 Forbes Avenue	412 - 624 - 4040 (non-emergency) 412 - 624 - 2121 (emergency)	www.police.pitt.edu
Office of Career Development and Placement Assistance	224 William Pitt Union	412-648-7130	http://www.hire.pitt.edu/
Student Employment and Placement Assistance	200 William Pitt Union	412 - 383 - 4473	

Computing Services and Systems Development (CSSD)	Many Locations	412 - 624 – 4357 (4 - HELP)	www.technology.pitt.edu
Cross Cultural and Leadership Development (CCLD)	617 William Pitt Union	412 - 648 - 7831	www.o3cl.pitt.edu
Dental Clinic	3189 Salk Hall	412 - 648 - 6201	www.dental.pitt.edu
Disability Resources and Services	140 William Pitt Union	412 - 648 - 7890	www.drs.pitt.edu
English Language Institute (ELI)	Parkvale Building, Rm M13 200 Meyran Ave.	412 - 624 - 5901	www.eli.pitt.edu
Global Ties Program	639 William Pitt Union	412- 648- 7833	www.globalties.pitt.edu
Hillman Library	Corner of Forbes Avenue and Bigelow Boulevard	412 - 648 - 3330	www.library.pitt.edu
Office of International Services	708 William Pitt Union	412 - 624 - 7120	www.ois.pitt.edu
Panther Central	Litchfield Towers Lobby	412 - 648 - 1100	www.pc.pitt.edu
Pitt Arts	907 William Pitt Union	412 - 624 - 4498	www.pitt.edu/~pittarts
Residence Life	935 William Pitt Union	412 - 648 - 1200	www.studentaffairs.pitt.edu/residence_life
Sexual Assault Services	Wellness Center 2 nd floor Nordenberg Hall	412 - 648 - 7930 (standard number) 412 - 648 – 7856 (after hours line)	www.saserv.pitt.edu
Student Affairs	738 William Pitt Union	412 - 648 - 1006	www.studentaffairs.pitt.edu
Student Health Service	Wellness Center 2nd floor Nordenberg Hall	412 - 383 - 1800 412 - 383 - 1850 (student pharmacy)	www.studhlth.pitt.edu
Student Payment Center	G-7 Thackeray Hall	412 - 624 - 7520	www.payments.pitt.edu
Student Government Board	848 William Pitt Union	412 - 648 - 7970	www.pitt.edu/~sgb
Student Life	140 William Pitt Union	412 - 648 - 1074	www.studentlife.pitt.edu
Student Organization Resource Center (SORC)	833 William Pitt Union	412 - 624 - 7116	www.sorc.pitt.edu
PittServes	923 William Pitt Union	412 - 624 - 1065	www.studentaffairs.pitt.edu/pittserves
Study Abroad Office	802 William Pitt Union	412 - 648 - 7413	www.abroad.pitt.edu
University	Wellness Center	412 - 648 - 7930	www.counseling.pitt.edu

Counseling Center	2nd floor Nordenberg Hall		
University Mailing Services	Litchfield Towers Lobby	412 - 648 - 1156 (main) 412-624-6500 (customer service)	www.pts.pitt.edu/mailexpress
William Pitt Union Information Desk	Main Floor William Pitt Union	412 - 648 - 7815	

Campus Map

<http://www.tour.pitt.edu/campus-map>

GLOSSARY OF TERMS

Academic Advisor - a staff or faculty member appointed to assist a student in planning the student's academic career

Add a Course - to enter a course in which you were not enrolled at the beginning of the semester

Adjunct Instructor - a part-time teacher or professor, usually a person who works full time in some field and teaches one to two classes about that field

Assignment - out-of-class work required by a professor, due on a specific date

Assistant Professor – the lowest of the three ranks of faculty members

Associate Professor - the second of the three ranks of faculty members

Bomb a Test - to do poorly on an exam

Cram - to study for a test, usually the night before, in a short period of time – implies that one has not studied the material earlier and must try to condense it into a short period of time

Cut a Class - to fail to attend a class

Drop a Course - to withdraw from a course

Add/Drop - the period during the early part of the academic semester when students may change their program of study by “adding” and “dropping” courses. Also refers to the procedure by which this is done

ESL - English as a Second Language

Dorm - short for dormitory

Dormitory - school-owned housing, with a number of rooms for one, two, or sometimes more students. *More formally known as “residence halls.”*

Emeritus - retired, but with an honorary title such as “professor emeritus”

Faculty - the people who teach in a school (at any level). Can refer to an individual teacher or to a group of teachers collectively. Does not refer to a department or college.

Final - last exam of a semester for a course

Flunk - to fail to achieve a passing grade

Fraternity - a social organization of men, sometimes living together in a large house, each with different rules, regulations, and objectives. Some fraternities are purely social; others are professional organizations or academic honorary organizations

Freshman - a student in the first year of study at a college or university (or a four-year secondary school)

G.P.A. - grade point average

Greek - member of a fraternity or sorority

Honor System - the practice of relying on students not to cheat in any academic matter

Incomplete - a temporary mark given to a student who is doing passing work in a course but who cannot complete all requirements for the course during the term. The student must have an acceptable reason for not being able to complete the requirements on time and must complete the requirements within a specified period of time following the term’s end.

Junior - a student in the third year of study at a college or university

Major - a student's primary field of study

Matriculate - to formally enroll in a college or university; register for classes

Minor - a student's secondary field of study

Mid-term - test in the middle of the semester

Paper - written assignment more than a few pages in length, usually requiring some research. More formally called a "term paper"

Portfolio - a collection of samples or the work of a student (or other person) in a field requiring production of some creative work, such as a student in art, architecture, or photography

Prof - professor

Professor - the third of three ranks of faculty members; also, "full professor"

R.A. - resident assistant, a student (usually undergraduate) employed by a residence hall (or "dorm") to monitor and assist students who live in the hall

Reading List (Syllabus) - a list of books and articles prepared by each professor for a specific course. Tells what readings are required and which are "suggested." The list is designed to give the student an overview of the course.

Registrar - official recorder of students' academic information, such as courses taken and grades received

Registration - procedure of enrolling officially in classes at the beginning of each semester or other academic term

Res. Hall - short for "residence hall"

Residence Hall - school-owned housing, with a number of rooms for one, two, or sometimes more students. Informally known as "dorms."

Semester - one academic term that is one half of the academic year

Senior - a student on the fourth year of study at a college or university

Skim - to quickly read something to get a general idea of its contents

Skipped, skip out - to fail to attend a class, meeting, etc.

Sophomore - a student in the second year of study at a college or university

Sorority - comparable to a fraternity, except that it is for females instead of males

T.A. - teaching assistant, a graduate student hired to perform teaching duties

Take a "W" - withdraw from a class after the drop-date, resulting in a "W" on the transcript

Teacher - generic term for a person who teaches in a college or university, used for people of any rank (graduate assistant, full professor, etc.)

Tenure - the status of holding one's position permanently, as in a "tenured professor," who cannot be removed from his or her post except in extreme circumstances

Tenure Track - a faculty position whose occupant has the potential to be granted tenure

Transcript - official record of a student's grades and courses

Undergraduate - a student in the first four years of university study

Common Student Organization Acronyms

ASA - Asian Student Alliance

HSC – Hindu Student Council

BAS – Black Action Society

ISF – International Student Fellowship

CASA – Chinese American Student
Association

IFC – Interfraternity Council

KCA – Korean Culture Association

CLASA – Caribbean and Latin American
Student Association

KSA – Korean Student Association

MCC – Malaysian Culture Camaraderie

ESC – Engineering Student Council

MSA – Muslim Student Association

FSA – Filipino Student Association

NPHC – National Panhellenic Council

ODK – Omicron Delta Kappa	RCMBA – Roberto Clemente Minority Business Association
PHC – Panhellenic Council	SASA – South Asian Student Association
PGV- Panther Global Village	SGB – Student Government Board
POMS – Premedical Organization for Minority Students	TASA – Turkish American Student Association
PPC – Pitt Program Council	VSA – Vietnamese Student Association
RSA – Resident Student Association	

Common Pitt Acronyms

ARC – Academic Resource Center	OIS – Office of International Services
CCLD – Office of Cross Cultural and Leadership Development	SAS – School of Arts and Sciences
CGS – College of General Studies	SORC – Student Organization Resource Center
CSSD – Computing Services and Systems Development	UCIS – University Center for International Studies
ELI – English Language Institute	UHC – University Honors College
GSPIA – Graduate School of Public and International Affairs	UPMC – University of Pittsburgh Medical Center
HR – Human Resources	WPIC – Western Psychiatric Institute and Clinic
IS – Information Sciences	The Pete – The Petersen Events Center
OAFA – Office of Admissions and Financial Aid	SVO – Student Volunteer Outreach
	WPU – William Pitt Union