# The Grad Assistant's Unofficial Guide to Brown

From your International Graduate Student Assistants



Dear Incoming International Students,

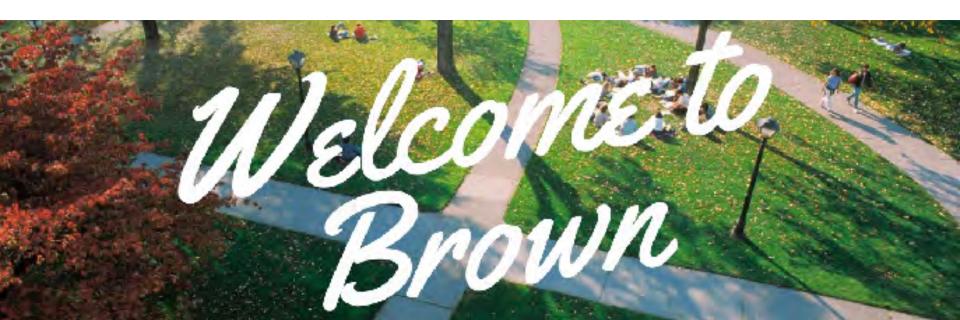
Congratulations on your admission and, on behalf of the international student community here, we welcome you to Brown, your new home!

As the International Orientation graduate student assistants, we have compiled this guide to help ease your transition to Brown and life overseas. It contains useful information about getting to the university, tips on finding an apartment or roommates, navigating your way around the city, performing crucial admin-related tasks such as opening a bank account and getting a mobile phone, acquainting you with life in Providence beyond your academics, and much more.

Brown has a strong and vibrant international community and we are all here to help you settle in. Take your time to go through the information provided here so that you can make your first few days in Providence feel as familiar as possible. In the meantime, keep an eye on the <u>Admitted Students and Orientation Guide</u> and also join the <u>Brown University</u> <u>International Graduate Students Group</u> Facebook page (or chat with them on <u>Messenger</u>) to stay connected with your fellow international students.

Sincerely,
Your IO Graduate Assistants team

\*Disclaimer: All prices quoted in this guide are based on the experience of your fellow graduate students and Brown staff members. But please note that they are merely representative and actual prices may vary. We have no financial interest with any of the businesses we mention.



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# **Arriving on Campus & in Providence**

## By Air

#### Flying into Boston

If you are flying in from outside of the United States, the closest major international airport to Brown University is the Boston Logan International Airport, which is approximately a one-hour drive to campus. If you can drive and have a valid driver's license, various rental car options are available at the airport. Alternatively, both Uber and Lyft can be used to travel to campus.

A typical Uber ride from Logan to Brown University Campus can cost between \$80 to \$150. Depending on the time of your arrival, this price may increase significantly. There is also an option of <u>scheduling your Uber ride in advance</u>, which can be significantly cheaper than ordering on the day of your ride, especially from the airport. Although costly, this mode of transportation can make traveling with a lot of luggage easier and you can avoid the hassle of lugging it to a bus or train, which are otherwise more affordable options.



Pro Tip: It is important to take into consideration the current flight situation in the US. Flights have often been canceled and/or delayed, directly impacting connections. We suggest you plan your connections accordingly, taking into consideration that customs can take a long time.

Alternatively, it is possible to get a free shuttle bus (the Silver line) from Boston Logan to South Station Train station in Boston. From there it is possible to take the <u>Amtrak</u> (American national rail) or <u>MBTA</u> (regional commuter rail) to Providence. The <u>Amtrak</u> ride from Boston to Providence is around 45 minutes long and typically starts at around \$15 if you order at least one week in advance, however prices go up the closer to the date. The MBTA has a flat rate of \$12.50 and takes about 80 minutes.

Another option is to get on a bus. <u>Peter Pan bus lines</u> go from Logan International terminal to both Providence bus terminal and downtown Providence. The ride is 1 hour 10 min and costs \$24. You can also book your tickets online in advance.

Once at Providence train station/ bus terminal, it is quickest and easiest to use either Lyft or Uber to get to your apartment/Airbnb. The ride will cost around \$7-\$10.

#### Flying into Providence

Rhode Island T.F. Green Airport can be a convenient option for those who don't mind an additional layover. It is located in Warwick, RI, about 10 miles south of Providence (approximately 20 minutes by car or 40 minutes by bus). Uber/Lyft and car rental services are available directly from the airport. Bus routes 1, 14 and 21 also pass by the airport; the fare is around \$2 for 1 hour of unlimited rides, but with a Brown ID all the RIPTA buses are free.

#### Immigration at Airport

The typical immigration experience for students at the airport should be rather straightforward. Make sure you have all the required documents at hand, especially your passport (with valid US-Visa) and a valid Form I-20. At the beginning of the semester, there is a large influx of students into the United States, so expect the airports to be busy and the immigration lines to be long: it may take up to two hours or more to process a given flight.

## **By Train**

The <u>Providence Amtrak/MBTA train station</u> (100 Gaspee St, Providence, RI) is located very close to the Brown Campus (less than a mile). However, the campus is located on College Hill and the incline can prove to be a challenge if you intend to walk all the way with heavy luggage. Taxi pick up and drop off is available at the station to travel to the main campus or to Providence locations, however app services like Lyft or Uber are generally cheaper.

Pro Tip: If you arrive after 6 pm (7 pm in the summer) you can also use <u>Brown onCall</u> - a free shuttle that Brown University provides to travel around Providence after dark - the average wait time for the on-call shuttle is 15 to 30 minutes. Shuttle times may vary during University breaks (Please note that using the shuttle service requires a Brown ID).



# **Living in Providence**

### **Accommodations**

Accommodations are plentiful in the greater Providence area, although the majority of options are not owned by the University. Brown does offer housing via the Brown University Auxiliary Housing Service. Monthly rental costs are usually higher with Brown owned housing and range from \$1100/month to \$1200/month for a studio or one-bedroom apartment respectively and \$950/month for a two-bedroom apartment (shared occupancy). Although expensive, this is a relatively hassle-free option for incoming first-year students. Brown does not run a credit check before offering you the apartment or require you to pay separate utility bills and the apartments can be available immediately upon arrival on campus. Please contact Auxiliary Housing if you are interested in living in Brown-owned housing. The application process opens in March for leases that start the following summer, so we encourage students to apply early in future years. A limited number of units may be available for a spring move in date each year.

The <u>International House of Rhode Island</u> is a non-governmental organization that often works with Brown. Its primary focus is to help build community for international students, their families and the wider international community of Providence. They often have rooms to rent in their building for long term rentals, with each room being large and en-suite with shared kitchen facilities. The International House also has contacts with other housing options in the community around College Hill.

Pro Tip: Many landlords, rental property agents, and graduate students looking for roommates on FB or GSBB can offer virtual tours of apartments if requested.

Many students, however, prefer to live in private rental properties in the Fox Point or Wayland Square neighborhoods – both are located around 10-15 minutes' walk from the College Hill campus. Both neighborhoods offer a collection of restaurants and shopping areas.

<u>Zillow, Craigslist</u> and <u>Apartments.com</u> are other useful resources for searching for apartments online (or download their mobile apps). Alternatively, you can join the <u>Brown University Housing, Sublets & Roommates</u> Facebook group page for information on off-campus housing. Another very useful resource is the GSBB email listery (Graduate Student Bulletin Board), where graduate students place all

kinds of announcements including apartment listings and roommate searches. Once you have your Brown email activated you can put an ad there or track the ads by other students, who are looking for roommates. Read more information on how to use the mailing list.



Also, be sure to check out the <u>Guide to Off-Campus Living</u> from the Brown Real Estate Office and a recording of the <u>2023 Incoming</u> <u>Graduate Student Housing Webinar</u> (May 1, 2023). One more resource to consider is the <u>Brown University International Graduate Students Facebook group</u>.

Other towns to consider: Pawtucket, North Providence, Cranston, Elmwood, Pawtuxet Village, East Providence, Johnston, and Seekonk are all within a 10-minute drive. Rent there is noticeably cheaper, however, you will need a car or take the bus to commute to campus.

## Where to stay when you arrive to Providence

Some students prefer to rent a room/apartment in advance, but finding a permanent place after you arrive is also an option. It usually takes 5 to 7 days when there are many open rentals with August 1 and September 1 move-in dates. It may take slightly longer to find a place to live if you are starting in the spring, but there are always available rentals. The best option to find accommodations for the first several days is <a href="#">AirBnB</a>. It will definitely cost less than a hotel. The only option even cheaper than AirBnB is GSBB: usually when you put an ad asking for a 5-7 days sublet you get a lot of responses very fast. You may even find a free couch to crush for a couple of days. We also recommend asking your adviser/chair or other graduate students in your department for a piece of advice. Sometimes your advisor or a fellow graduate student can offer you a couch to crash on.

As with any larger city, there is crime in Providence and students should be aware and mindful of their surroundings at night. We recommend the Fox Point, Wayland Square, Downtown and Federal Hill neighborhoods, but there are many other safe neighborhoods and areas.

## Furnishing your apartment

Most apartments in Providence are not furnished. Brown University Auxiliary Housing does provide some basic furnishings (check their

website for specifics) but in most cases you will need to buy basic amenities such as a bed, mattress, bedding, study table and chair, (and others depending on your taste or requirement) so it is crucial to budget for this expense. The most affordable way is to buy furniture or other amenities you need from your fellow Brown students. At the beginning and end of every semester, and throughout the year as well, Brown students, especially those leaving or relocating, will use the GSBB mailing list to advertise items they want to sell - at very affordable prices. Salvation Army (201 Pitman St.) sells second-hand furniture as well.

Pro Tip: Furnishing an apartment to your taste takes time and can be expensive so start with the basics first and build (and spend) slowly to avoid a financial crunch early on.

Alternatively, Walmart (51 Silver Spring St, Providence) and Target (79 Commerce Way, Seekonk, MA) are popular retail stores with dedicated sections for students that provide budget furnishing options. You can use the RIPTA bus service (see below for details) to travel to these stores.

## **Parking on Campus**

#### For Visitors

Visitors may find parking in Lot 68 Upper, also called the Power Street Parking Garage, located at 111 Power Street. The garage entrance is located at the intersection of Power and Thayer Streets.

The garage has two gate arms which are left open. Please enter in the right lane and exit via the left lane. The Lot 68 Upper garage contains two pay stations, which are located at the front and rear of the garage. Please locate an empty parking space, purchase your visitor parking permit via a pay station and place your receipt permit on your vehicle dashboard.

#### For Students

Students can apply to reserve a spot in a Brown parking lot through the Brown <u>Transportation Office</u>. Both daytime and overnight parking are available; annual rates are around \$700. Although pricey, it can be a convenient option for those who have to drive to campus every time, since street parking on and near campus is tight; after 9 a.m. it can be difficult to find a spot that is closer than a 10-15 minute walk away, plus most of the convenient blocks are metered, and overtime meter tickets are \$25 or more.

## **Parking in Providence**

Many apartment buildings and houses in Providence include parking spaces; also it is generally quite easy to find off-street parking in most neighborhoods where graduate students typically reside. Another option is to rent a parking space nearby. Typical rents for a parking space are between \$50–\$150 per month.

A Providence city ordinance prohibits parking on the street between the hours of 2 a.m. and 5 a.m. Overnight parking permits may also be purchased from Brown and the <u>City of Providence</u>.



On campus, Brown overnight parking is only available to graduate students who either live on campus or in Brown owned housing. Because of the scarcity of parking spaces around Brown, all members of the Brown community are encouraged to find alternate means of commuting to and from campus.

# **Traveling Within & Outside of Providence**

#### **Local Buses**

#### Rhode Island Public Transit Authority (RIPTA)

RIPTA operates buses throughout the state and in Providence; service is dependable and all Brown students ride free with a valid Brown ID. The central bus stop for the whole city is located in the center of the city at Kennedy Plaza, a 10-minute walk down the hill from College Hill. Buses also run frequently with many stops along Thayer, Hope and North and South Main Streets to many of the nearby neighborhoods. Check schedules and maps at <a href="https://www.ripta.com">www.ripta.com</a> and the <a href="https://www.ripta.com">Transit app</a> on your phone.

#### **Interstate Buses**

<u>Peter Pan</u> buses run regularly to most points out of state, including Boston and New York. They have a stop in downtown Providence and at Exit 25A off I-95.

## **Train**

Rail service to and from Boston and New York (as well as points in between) runs through the <a href="Providence Amtrak">Providence Amtrak</a> and <a href="MBTA">MBTA (Massachusetts BayTransportation Authority)</a> next to the State

House. The MBTA also offers commuter rail service from Providence to both T.F. Green Airport and into Boston.

Pro Tip: On weekends, MBTA offers the \$10 Commuter Rail Weekends that allows for unlimited travel on the Commuter Rail. See schedule.

## **Brown University Shuttles**

The <u>Brown University Shuttle</u> is a free transportation service for the Brown community (students, faculty, and staff with a Brown ID). There are several routes that run Monday - Friday, 7 a.m. to 7 p.m. and in the evening from 7 p.m. to 2 a.m. (Sun. - Wed.) and 7 p.m. to 3 a.m. (Thurs. - Sat.). Shuttle stops include the Rockefeller Library, gym, South Street Landing, the Alpert Medical School and several other locations. An easy way to track the hours and

Pro Tip: Download the BrownU app from your app store - just search BrownU. There are quick links for the shuttle, food, Canvas & more!

shuttle locations is by downloading the BrownU app, then clicking the shuttle icon or by directly accessing the TransLoc app.

#### On-call shuttle

The on-call shuttle is a service available after hours (after 7 pm during daylight saving time and after 5 pm in winter). A valid Brown ID is required to ride. Requests can be placed either by phone (401) 863-1778 or online.

## **Bicycle**

Cycling is another option for commuting locally in Providence with dedicated bike lanes on roads. Cycling is a very popular activity during the summer and a fun way to explore Providence and its surrounding areas as RI boasts a lot of scenic bike routes and trails to enjoy (Blackstone River Bikeway and the East Bay Bike Path).

Buying a new bicycle and its accompanying gear (helmet, bike lights, mudguards etc.) can
be expensive (\$400-500+), so it is possible to buy a used bicycle from either a fellow Brown
of their registration events.

student (using the GSBB mailing list or the Brown University Buying and Selling Facebook page), online or from a bike shop near campus:

Pro Tip: The Brown University

Department of Public Safety (DPS)

encourages all members of the Brown

community to be vigilant and proactive

in your efforts to maximize your

personal safety, both on and off-campus,

and you are eligible to register your bike

adn get a free U-lock from them at one

of their registration events.

Legend Bicycle

181 Brook St, Providence (401) 383-3070

<u>Friendly Bicycle</u>

83 Ives St, Providence (401) 441-7818 **Pratt Frameworks** 

409 Wickenden St, Providence (339) 223-7703

Mission Electric Bike

198 Ives St, Providence (401) 423-4400

Dash Bicycle

230 Broadway, Providence (401) 453-3274

Trek Bicycle Providence

729 Hope St., Providence (401) 274-5300

## Uber/Lyft/ZipCar

Uber and Lyft are available in Providence and most of Rhode Island for commuting within and outside the city. If you already have a valid U.S. driving license or plan on getting one after arrival then Zipcar is also a very popular and useful commuting option (annual student fee is \$35, and hourly rates range from \$9-\$13 depending on the type of vehicle reserved). Keep in mind that with a foreign license approval time for your application can take up to 3 business days, so plan accordingly. You are eligible for free gas with your student membership and you can pick up and drop off a Zipcar from various stations in and around campus:

- Lower level of Lot #68 the Power Street garage (entrance on Brook St. across from fire station)
- 217 Bowen Street, Lot #7
- 20 Olive Street, Lot #77
- Young Orchard Ave, Lot #54 (next to Orwig Music Library)
- Page-Robinson Hall, Lot #17
- Richmond Street, Lot #105 across from the front entrance of the Alpert Medical School



# Getting a mobile phone line

There are a couple of things to note before buying a SIM card in the U.S. First, if you intend to use your existing phone then you will need to make sure that it is compatible with a mobile carrier in the U.S. Cell phone companies in the U.S. use two types of standards/protocols. Of the three main carriers, Verizon uses the CDMA standard, whereas AT&T and T-Mobile use the GSM standard. Therefore, if you currently have a GSM enabled phone and you do not wish to purchase a new one, then your options are limited to AT&T and T-Mobile. In the U.S., unlike other countries, carriers sell mobile phones that typically only work on their mobile system. So if you wish you can purchase a new mobile phone along with new mobile connections.

Pro Tip: If you have a compatible mobile phone then it is a good idea to buy a prepaid SIM from the airport upon your arrival. You might be charged more, but this will allow you to immediately have phone and internet connectivity upon arrival. You can always change your carrier or mobile plan after settling in.

Mobile phone plans in the U.S. are generally expensive. Many mobile phone carriers offer both prepaid and mobile plans that are billed monthly, however, most monthly plans require a credit check and a Social Security number. Therefore, upon arrival, many students choose to enroll in a prepaid plan until they build up a credit history and are issued a social security number. Prepaid plans range usually from \$40-\$65 a month depending on the carrier and the amount of mobile data you wish to use. A great option is a family plan, since prices are usually lowered if you sign up for two or more lines together with your friends. Family plans often have streaming and media services like Netflix and Spotify included, which makes them even more attractive.

All three major carriers have retail shops in the <u>Providence Place Mall</u> (1 Providence Pl, Providence), which is about a 15 minute walk from campus. Alternatively, there is a Verizon (Authorized Retailer) at 229 Waterman St, Providence (401) 206-4066.

# **Opening a Bank Account**

It is very important that you start the process of opening up a bank account as soon as you arrive in Providence, especially for supported students who will be receiving a stipend and want to set up direct deposit. Otherwise you will receive your stipend or other payments via check, which can take a couple of days to clear. Moreover, a bank check will include your address on it and can also serve as a 'proof of residence' before you acquire a state ID or a driving license. Please note that supported students will not receive their first stipend payment until the end of September.

There are several options available for choosing a bank but a useful tip for choosing a bank is to open your account in a branch that is in close proximity to your residence. Additionally, remember that you incur an additional transaction fee if you withdraw cash from an ATM that is not from your bank. Several ATMs are also available on/near on campus with two of them (Bank of America and Santander) located in the Stephen Robert '62 Campus Center and another two (Bank of America) located next to the Brown Bookstore.

A (basic) list of documents required for opening a bank account:

- 1. Identification (passport)
- 2. Proof of address (Your lease agreement)
- 3. Proof of employment (admission letter from Brown)

## **Banks near campus**

#### Chase Bank

234 Thayer St, Providence, RI (401) 824-0706

#### Bank of America

100 Westminister St, Providence (401) 228-0128 (also a location at 271 Thayer St that offers video banking)

#### Citizens Bank

120 Waterman St, Providence (401) 456-7050

#### Santander Bank

131 Elmgrove Ave., Providence (401) 521-4633

# Obtaining a RI Driver's License or State ID

You may consider applying for a RI Driver's License or State ID, which can serve as a proof of identification, so that you do not need to carry your passport with you and allow you to more easily rent a car, get into bars, and buy alcohol. Please note, the <u>Department of Motor Vehicles</u> (RI DMV) is currently open by appointment only, which can be challenging to obtain. Another option is applying to a <u>Providence City ID</u>, which is a valid form of identification within the city. Applications can be submitted online and require a visit to the City Hall, located downtown.

Pro Tip 1: The first days in any new country can be expensive. We recommend bringing enough cash with you to tide you over the first month. You can use your existing credit card, but note that in most cases you will be charged a bank transaction fee as well as a currency conversion fee (especially if you have a non-USD account).

Pro Tip # 2: Please note that supported students will not receive their first stipend payment until the end of September/January. Additionally, expect taxes to be withheld from your stipends, and plan your budgets accordingly.

Pro Tip #3: If you are an iPhone user you should ask your bank to sign you up for Apple Pay so that you can have immediate access to your account without waiting for a debit/ATM card to arrive via mail. Similarly, check with your bank to see if Google Pay or other mobile wallet platforms are available.

## **Meals & Groceries**

Campus options: Brown has several large <u>dining halls</u> located on campus such as the <u>Sharpe Refectory</u>, <u>Andrews Commons</u> and <u>Verney-Woolley</u> that are open to all Brown students, but they are mostly used by undergraduates. However, the <u>Blue Room</u> and the <u>Ivy Room</u> are popular places for lunch and dinner – typical prices per meal range from \$8-\$15. <u>Meal plans</u> are also available for graduate students. The Brown up-to-date information on hours and food offerings each day on campus.

Thayer Street, which runs right through campus, has a large collection of restaurants and shops that serve a variety of food options such

as pizza, burgers, Chinese, Thai, Korean and Indian food – typical prices per meal range

from \$15 - \$25.

Most graduate students prefer to cook at home since it is usually cheaper than eating out. You can buy groceries from several supermarkets located near campus. Two Whole Foods Markets, Trader Joe's and Eastside Marketplace, a brand for Stop and Shop chain, are located

Pro Tip: If you do not wish to physically go to a store you can also buy your groceries online or via mobile apps from Instacart, Whole Foods (via Amazon) and Walmart.

within walking distance of campus. If you prefer to shop at night, the On-Call shuttle can take you to these grocery stores for free upon request. There are other popular options that would require a car or a bus ride. Another affordable option is Market Basket; two larger chain grocery stores are Stop & Shop and Shaw's. They all are located within a 10-20-minute drive from campus or 30-60 min bus ride. Sharing an Uber or a Zipcar with other students is another way to get there.

## **Nearby Grocery Stores**

601 N. Main St., Providence

Whole Foods Market Trader Joe's Shaw's

261 Waterman St, Providence & 425 South Main St., Providence 15 Smithfield Rd., North Providence

Asiana Food Market Market Basket

Good Fortune Supermarket 92 Warren Ave., East Providence 1300 Hartford Ave, Johnston

101 Cadillac Dr., Providence

Eastside Marketplace Price Rite Marketplace of Providence

Stop & Shop 165 Pitman St., Providence (Halal meat available)
333 W. River St., Providence 325 Valley St, Providence

V-Mart International Market

Ponto Um Market 176 Narragansett Ave., Providence

234 Warren Ave., East Providence

Foodland Farm International Halal Market

Apna Bazar Food Mart LLC (Halal Meat) 638 Charles St, Providence

282 East Ave, Pawtucket

## Popular Restaurants in Providence and the Surrounding Areas

Providence offers a range of food options for all palates. As you settle in and get comfortable with your surroundings we highly encourage you to venture out and take advantage of the cuisine that Providence and the surrounding areas have to offer. Some of our favorites include:

- Jacky's Waterplace (Sushi/Cantonese)
- Pho Horn's (Vietnamese)
- Bee's Thai Cuisine
- Noodles 102
- Chengdu Taste (Chinese)
- Apsara (Cambodian/Thai)
- Wara Wara (Japanese)
- Heng Thai
- Khaosan Thai Street Food
- Den Den Café Asiana
- Sun and Moon Korean Restaurant
- Venda Ravioli
- Piemonte Pizza

- Pizza J
- Sicilia's Pizzeria
- The District (Pizza)
- Rosa Mia (Pizza)
- Not Just Snacks (Indian, Halal)
- Rasoi (Indian)
- Taste of India
- Indian Restaurant
- La Gran Parada (Dominican)
- Los Andes (Peruvian)
- Machupicchu Restaurant (Peruvian)
- Tallulah's Taqueria (Mexican)

- El Rancho Grande (Mexican)
- Chilangos (Mexican)
- Mike's Calzones and Deli (Chicken shawarma and lamb gyro Halal)
- Kabab and Curry (Indian)
- Providence Biryani (Halal)
- Kolachi Restaurant (Halal)
- Nazs Halal
- Tribos Peri Peri (Portugueseinspired restaurant, Halal)
- Jahunger (Uyghur restaurant, Halal)
- Abu Yarub Al-Shami (Middle Eastern food, Halal)

Pro Tip: If you would like to explore different cuisines in the area, Providence has <u>Restaurant Week</u> 2-3 times per year!

## **Student Health**

## **Brown University Health Services (BUHS)**

<u>BUHS</u> is located centrally on campus (450 Brook St. in Providence) and should be your first stop for health-related issues. Students should call Health Services at 401-863-3953 to make an appointment or discuss any questions or concerns (walk-in appointments are not currently available). Prior to arrival, BUHS requires you to complete a medical history form online. This determines if you require any vaccinations or medical tests (typically for tuberculosis) upon arrival.

For medical emergencies, please contact EMS at 401-863-4111 if you are in the Providence campus community. If you are out of the area, please call 911 for emergency services in your area.

Nursing advice is available 24/7 by calling 401-863-1330. Our nursing staff will follow-up on all after hours calls during regular business hours.

Pharmacy: The BUHS also has a pharmacy where you can order prescription drugs and sexual health supplies.

Besides Health Insurance, students also have access to dental insurance. Nevertheless, dental services can be more expensive in the U.S. than in most countries and coverage is more limited than health insurance. Expect to spend more on dental co-pays.

## **Pharmacies in the Nearby Community:**

CVS Pharmacy (located in Wayland Square) 481 Angell St., Providence 401-521-4340

\*CVS also has a location on Thayer Street where you can purchase over the counter medicines, but they do not have a pharmacy.

CVS (open 24/7) 640 Warren Ave., East Providence 401-438-2272

Walgreens 35 Pitman St., Providence 401-861-4846



#### **Mental Health**

Moving to a new country to start a fresh academic adventure is certainly an exciting opportunity but it can also be a stressful experience since settling into a new cultural environment takes effort, patience and a certain period of adjustment. Additionally, graduate degree programs are typically more rigorous and time consuming than undergraduate programs. Thus, the 'culture shock' together with added academic responsibilities can often result in stress and in worst cases lead to burn-out. However, know that you are not alone - Brown has a thriving international community that serves as a fantastic support structure. We encourage you to reach out to your peers, Brown faculty and staff in times of stress or need.

Additionally, Brown's <u>Counseling and Psychological Services (CAPS)</u> offers support regarding a host of issues and is particularly useful if you wish to discuss matters privately.

# Places to Visit in Providence and the Surrounding Areas

- Blackstone Boulevard and Park
- India Point Park
- Roger Williams Park Zoo
- Waterfire
- RISD Museum
- Ladd Observatory
- Farmer's markets
- Providence Athenæum
- Providence Flea
- Rhode Island State Capitol
- Governor Henry Lippitt House
- Neuraconkanut Hill Conservancy

Also check out the <u>Providence</u>, <u>RI</u> page on the Graduate School website for more information about the city and greater RI area.

# 10 Things I Wish I Had Known Sooner

#### 1. Rhode Island ID

In the US foreigners are eligible to get a state ID in the area where they reside. You don't need to have a citizenship or a green card for that. This way you don't need to carry your passport around. To obtain that go to the DMV website and make an appointment.

#### 2. Brown On Call Shuttle

Evening On-call shuttle is a great service, but not everyone knows it goes beyond College Hill, East Side and Fox Point. You can call it to/from Downtown, Train station, Providence Place Mall, Whole Foods, Walmart and many other places, where an Uber ride would cost around \$10.

#### 3. Zip Car

It is great if you need to rent a car. Zipcar has student discounts and takes foreign drivers licenses for up to a year.

#### 4. Amazon Prime Student

If you don't have a car, Amazon is helpful in a small city. It is also cheaper than many stores. A Prime account gives you an option of one- and two-day delivery and free returns as well as discounts at Whole Foods. Students pay \$6 per month.

#### 5. Mobile family plan

All carriers offer discounts when two or more people use one plan. The price can go down from an average of \$70 per month to \$30. A good way to find people to join a family plan would be to cooperate with incoming students in your department or just put an ad on GSBB.

#### 6. \$10 MBTA weekend pass

The closest big city is Boston, where you may want to visit rather often for cultural events, walks or libraries. MBTA offers a weekend pass for local trains that you can use as many times over one weekend as you want. It doesn't have your name on it, so it is a good way to share costs too.

#### 7. CAPS + therapy

You will be under a lot of pressure your first year, so it's very helpful to know that Brown insurance covers a lot of treatments that help you to complete the transition successfully. CAPS (Counselling and Psychological Services) is free; psychological therapy (most therapists in the area take our insurance) is about \$15 copay per session); prices are similar for nutritionists and chiropractors who take the Brown insurance; physical therapy and acupuncture usually requires \$300 deductible, with all sessions free until the end of the insurance year.

#### 8. UFunds

Check Brown's webpage for funding options; it offers various opportunities for scholarships and research funding.

#### 9. Building your credit history

If you are planning to stay in the country after graduation, it may be helpful to obtain a credit card. It will take time but talk to your bank about your options right away.

#### 10. Today@Brown and GSBB

Never ignore the daily email because all information on professional development and campus life is there. Another rule of thumb is: in any difficult situation ask the Listserve (GSBB); you can literally find answers to all your questions there if you ask our amazing community.



# **Student Government & Advocacy**

#### **Graduate Labor Organization (GLO)**

The GLO is the labor union for all Brown graduate employees on campus, established in 2019. While in many countries student labor unions are a common practice, it is not the case in the United States in private universities, which is why having one at Brown is very helpful. The union negotiates monthly stipend amounts in its contract with Brown University and advocates for pay, benefits, and material working conditions. Recently, they have successfully raised monthly stipends for graduate students. The GLO also has a grievance committee, where you can turn for help and register any workplace injustice; it also has many committees you can join depending on your interests. GLO member dues rate is 1.65% of the stipend while a member (deducted pre-tax). You can learn more about them on their website or Instagram @gradlabororg.

#### **Graduate Student Council (GSC)**

The Graduate Student Council (GSC) is Brown University's student government, and aims to foster a sense of community among graduate students across departments. They are a voice for the graduate community and are invested in facilitating collective action on graduate student-related issues. The GSC also hosts events and offers other resources to support the academic and social lives of graduate students. You can learn more about them at their website or Instagram @brown.gsc.

A more comprehensive list of graduate student groups can also be found through the Student Activities Office.

# **Key Items to Bring with You (or Buy)**

- Umbrella + Rain Jacket/Coat: rain in Providence is both frequent and unpredictable.
- Winter Wear: During Fall, a windbreaker or a light coat/jacket along with a few jerseys/sweaters will help you tide over, but eventually you will have to buy an insulated jacket(s) to cope with the New England winter.
- Stationery: We recommend that you bring some basic things, such as pens and refills, highlighters, calculators and writing pads.
- Toiletries: It is a good idea to bring useful items such as shampoo, body wash, conditioner, toothpaste, etc. to tide you over for the first few days.



Power Adapter/ Travel Adapter: The U.S. uses type A and B power sockets
and if these are different from your country then be sure to bring appropriate power adapters so that you can charge and operate your electronic
devices.

# **Brown University Lingo**

- Main Green = Officially College Green, a grassy quadrangle in front of the Stephen Robert '62 Campus Center
- Quiet Green = A grassy area between the Van Wickle Gates and University Hall
- GBC = Global Brown Center
- BBC = Brown Business Center
- GCB = Graduate Center Bar
- GSC = The Graduate Student Council
- The Sci-Li = <u>The Sciences Library</u>
- JCB = <u>John Carter Brown Library</u>
- The Rock = <u>The Rockefeller Library</u>
- B&H = Barus and Holley
- CIT = Thomas J. Watson Sr. Center for Information Technology
- The Watson = Watson Institute for International and Public Affairs
- WC = The Writing Center
- The Ratty = <u>Sharpe Refectory (Dining hall)</u>
- V-Dub = <u>Verney Woolley (Dining hall)</u>
- Page-Robinson = <u>Page-Robinson Hall</u>
- OMAC = <u>The Olney-Margolies Athletic Center</u>
- The Pitz = The Paul Bailey Pizzitola Memorial Sports Complex
- OISSS = Office of International Student and Scholar Services
- RISD = The Rhode Island School of Design

## **Useful Websites and Resources**

- Global Brown Center
- OISSS
- Academic Calendar (Registrar's Office)

- Campus Map
- Courses at Brown
- <u>Canvas</u>



<u>Libraries</u>