# The Grad Assistant's Unofficial Guide to Brown 2025

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>Graduate Admitted Students and Orientation Guide</u> (for PhD & MFA students), the <u>Master's Students Orientation Guide</u>, and join the <u>Brown University International Graduate Students</u> <u>Group</u> Facebook page 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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Pro Tip: Download the BrownU app from your app store - just search BrownU. There are quick links for the shuttle, food, Canvas & more!

# **Arriving on Campus & in Providence**

# By Air

#### Flying into Boston

If you are flying in from outside 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.



\$150. Depending on the time of your arrival, this price may increase significantly. There is also an option of scheduling your rideshare in advance, 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.

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 Amtrak ride from Boston to Providence is around 45 minutes long and typically starts at around \$15 if you order at least two weeks in advance; however, prices increase closer to the date. The MBTA has a flat rate of \$12.50 and takes about 80 minutes. Tickets for the Amtrak should be purchased before boarding but tickets for the MBTA can be purchased on the train.

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 approximately \$27. You can also book your tickets online in advance.

Once at the 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 15-20 minutes by car or 40 minutes by bus). Rideshare 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. To ride RIPTA, you should either have the <u>Wave app</u> or pay in cash in the bus (exact change only). After getting your Brown ID on campus, you will be able to ride RIPTA for free anytime.



#### Immigration at the Airport

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 are available at the station to travel to the main campus or to Providence locations; however, rideshare services like Lyft or Uber are generally cheaper.

# 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 <u>Brown University Auxiliary Housing Service</u>. Monthly rental costs are usually higher with Brown owned housing and range from \$1,100/month to \$1,600/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 <u>Auxiliary Housing</u> 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.

Many students, however, prefer to live in private rental properties in the Fox Point, Mount Hope or Wayland Square neighborhoods – all 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, and 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</u> <u>Housing, Sublets & Roommates</u> Facebook group page for information on off-campus housing. Another very useful resource is the GSBB email listerv (Graduate Student Bulletin Board), where graduate students place all kinds of announcements including apartment listings and roommate

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.

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 <u>mailing list</u>.

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 2025 <u>Incoming</u> <u>Graduate Student Housing Webinar</u> (May 5, 2025). One more resource to consider is the <u>Brown University International Graduate</u> <u>Students</u> Facebook group.

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 in 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 5-7 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 <u>Airbnb</u>. 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 day sublet, you get a lot of responses very fast. You may even find a free couch to crash on 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, Providence has crime, and students should be aware and mindful of their surroundings at night. We recommend the Fox Point, Wayland Square, Mount Hope, Downtown, and Federal Hill neighborhoods, but there are many other safe neighborhoods and areas.

# Furnishing your apartment

Most apartments in Providence are not furnished. <u>Brown University Auxiliary Housing</u> 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

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.

**Pro Tip: Furnishing an apartment** 

depending on your taste or requirements) 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, Brown students, especially those leaving or relocating, will use the GSBB mailing list to advertise items they want to sell at very affordable prices. Check out the local Savers (201 Branch Ave.) sells second-hand furniture as well.

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 that 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 permit receipt on your vehicle dashboard.

#### For Students

Students can apply to reserve a spot in a Brown parking lot through the <u>Brown 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 costs for monthly parking can vary from \$100 (a private lot on the East Side) to \$400 (Downtown parking garage).

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>. 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.

On campus, Brown overnight parking is only available to graduate students who either live on campus or in Brown owned housing.

# **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 by swiping their ID's. 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 <u>www.ripta.com</u> and the <u>Transit app</u> on your phone.

### **Interstate Buses**

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

### Train

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

Rail service to and from Boston and New York (as well as points in between) runs through the <u>Providence Amtrak</u> and <u>MBTA</u> (<u>Massachusetts BayTransportation Authority</u>) next to the State House. The MBTA also offers commuter rail service from Providence to both T.F. Green Airport and into Boston.

### **Brown University Shuttles**

The <u>Brown University Shuttle (BUS)</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 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 free service available after hours (after 7 pm during daylight savings

time and after 5 pm in winter). A valid Brown ID is required to ride. Requests can be placed through the Transloc app. The on-call shuttle is a great option to travel within the east side of Providence and the downtown area at night. <u>See a map</u>.

Pro Tip: Once you have arrived on campus and picked up your your student ID, for future travel, if you return 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 (Brown ID required).

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

Pratt Frameworks 409 Wickenden St, Providence (339) 223-7703

Mission Electric Bike 198 Ives St, Providence (401) 423-4400

# Trek Bicycle Providence

Dash Bicycle

(401) 453-3274

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

230 Broadway, Providence

### Pro Tip: All Brown graduate students are eligible to register their bike and get a free U-lock from the <u>Department of Public</u> <u>Safety</u>. Check their website and look for U-Lock or U-Loose events.

<u>Friendly Bicycle</u> 83 Ives St, Providence (401) 441-7818

# Rideshare: Uber/Lyft

Uber and Lyft are available in Providence and most of Rhode Island for commuting within and outside the city.

# ZipCar

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 the fire station)
- 217 Bowen Street, Lot #7



**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.

All three major carriers have retail shops in the Providence Place Mall (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.

#### 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.

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 usually range 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 <u>Netflix</u> and <u>Spotify</u> included, which makes them even more attractive.

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.

*Pro Tip: If you have a compatible mobile* 



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**

<u>Chase Bank</u> 234 Thayer St, Providence, RI Providence (401) 824-0706

Bank of America 131 Elmgrove Ave., Providence (401) 228-0128 <u>Citizens Bank</u> 120 Waterman St, Providence (401) 456-7050

Santander Bank 100 Westminster St, Providence (401) 521-4633

#### Bank of America\*

271 Thayer St, Providence (401) 228-0143 \*offers video banking 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.

# **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 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 liquor. Please note that the <u>Department of Motor</u> <u>Vehicles</u> (RI DMV) is currently open by appointment only, which can be challenging to obtain. Another option is applying for a <u>Providence</u> <u>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. Not all establishments in Providence accept the municipal ID, so we recommend getting a RI Driver's License or a State ID.

# **Meals & Groceries**

Campus options: Brown has several large <u>dining halls</u> located on campus such as the <u>Sharpe</u> <u>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> 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.

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 BrownU app offers 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 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. 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.

### **Grocery Stores**

Whole Foods Market (1.1 mi)	Trader Joe's (.6 mi)	Shaw's (4.2 mi)
261 Waterman St, Providence &	425 South Main St., Providence	15 Smithfield Rd., North Providence
601 N. Main St., Providence		
	Market Basket (5.4 mi)	
Stop & Shop (1.8 mi)	1300 Hartford Ave, Johnston	
333 W. River St., Providence		
Asain Markets		
Asiana Food Market (2.7 mi)	Good Fortune Supermarket (3.2 mi)	V-Mart International Market (5.4 mi)
Asiana Food Market (2.7 mi) 92 Warren Ave., East Providence	Good Fortune Supermarket (3.2 mi) 101 Cadillac Dr., Providence	V-Mart International Market (5.4 mi) 176 Narragansett Ave., Providence
92 Warren Ave., East Providence		
92 Warren Ave., East Providence		
92 Warren Ave., East Providence Halal Markets	101 Cadillac Dr., Providence	176 Narragansett Ave., Providence

# 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:

Abu Yarub Al-Shami (Middle Eastern food, Halal) Apsara (Cambodian/Thai) Bee's Thai Cuisine Chengdu Taste (Chinese) Champa Thai + Lao Restaurant (Thai/Lao) Chilangos (Mexican) Chef Yao (Chinese) Den Den Café Asiana El Rancho Grande (Mexican) Heng Thai Indian Restaurant Jahunger (Uyghur restaurant, Halal) Kabab and Curry (Indian) Khaosan Thai Street Food Kolachi Restaurant (Halal) Los Andes (Peruvian) Machupicchu Restaurant (Peruvian) Mala Noodles (Chinese) Mike's Calzones and Deli (Chicken shawarma and lamb gyro Halal) Mokban Korean Bistro (Korean) Noodles 102 Nazs Halal Not Just Snacks (Indian, Halal) Piemonte Pizza Pizza J Pho Horn's (Vietnamese) Rosa Mia (Pizza) Rasoi (Indian) Rong Chic (Chinese) Sicilia's Pizzeria Suya Joint Providence (West African) Sun and Moon Korean Restaurant Tallulah's Taqueria (Mexican) The District (Pizza) Tribos Peri Peri (Portuguese-inspired restaurant, Halal) Venda Ravioli Wara Wara (Japanese) *Pro Tip: If you would like to explore different cuisines in the area, Providence has Restaurant Week 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 <u>pharmacy</u> 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.

# **Nearby Pharmacies:**

CVS Pharmacy 481 Angell St., Providence 401-521-4340

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

### **Mental Health**

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

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

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
- » <u>Roger Williams Park Zoo</u>
- » <u>Waterfire</u>
- » <u>RISD Museum</u>
- » Ladd Observatory
- » <u>Farmer's markets</u>
- » Providence Athenæum
- » Providence Flea
- » <u>Rhode Island State Capitol</u>
- » Governor Henry Lippitt House
- » Neuraconkanut Hill Conservancy



Also check out the **Providence**, **RI** 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, international students 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 <u>DMV</u> 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 (\$35/year) and takes foreign driver's 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. Registering with your Brown email address will give you a 6-month free trial of Prime. A Prime account gives you the option of one- and two-day delivery and free returns as well as discounts at Whole Foods. Students pay \$7.49 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 the Graduate Student Council's <u>GSBB</u> listserv.

#### 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. You can purchase it on the MBTA mobile app.

#### 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 \$30 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 <u>Listserve</u> (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, this is not the case at private universities in the United States, 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 <u>graduate student groups</u> 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 (we'll also gift you a Brown University umbrella at International Orientation).
- 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 to cope with the New England winter.



• 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 = <u>Global Brown Center</u>
- BBC = <u>Brown Business Center</u>
- GCB = Graduate Center Bar
- GSC = The Graduate Student Council
- The Sci-Li = <u>The Sciences Library</u>
- JCB = John Carter Brown Library
- 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 (newly renamed the School of International and Public Affairs)
- WC = The Writing Center

Libraries

- 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 = <u>The Paul Bailey Pizzitola Memorial</u> <u>Sports Complex</u>
- OISSS = <u>Office of International Student and</u> <u>Scholar Services</u>

# RISD = The Rhode Island School of Design Useful Websites and Resources



Office of Global Engagement	<u>Campus Map</u>	<u>OISSS</u>
<u>Academic Calendar (Registrar's Office)</u>	Courses at Brown	<u>Canvas</u>