

BIOMEDICAL GRADUATE PROGRAMS

INTERNATIONAL STUDENT

GUIDEBOOK

IMMIGRATION | EMPLOYMENT | SAFETY & CAMPUS LIFE



WAKE FOREST
UNIVERSITY

GRADUATE SCHOOL of
ARTS & SCIENCES

Congratulations on your decision to attend Wake Forest! We trust you will find our school and community to be a very welcoming place, and we sincerely hope your transition to life in the U.S. will be as smooth as possible.

To assist you through this process we've compiled the following information, so take some time to read through it and let us know if you have any questions!

If you have further questions about your non-immigrant status, VISA issues, housing, etc., please do not hesitate to contact your DSO. We look forward to meeting you when you arrive on campus, and hope that your years at Wake Forest will be enjoyable, enriching, and academically successful.

Designated School Official (DSO)

Elizabeth (Beth) Whitsett

Admissions Coordinator

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THE KEY PLAYERS

The **International Student and Scholar Services (ISSS)** (<https://global.wfu.edu/about-us/staff/>) is available to assist you during your academic career at Wake Forest University. There are numerous acronyms and terms that you will encounter during your tenure as a student in the United States.

SCHOOL OFFICIALS

PRINCIPLE DESIGNATED SCHOOL OFFICIAL (PDSO)

A person at an institution that is designated by the U.S. Student & Exchange Visitor Program to operate the F VISA program at that institution.

DESIGNATED SCHOOL OFFICIAL (DSO)

A person at an institution that is designated by the U.S. Student & Exchange Visitor Program to assist in operations with the F VISA program.

RESPONSIBLE OFFICER (RO)

A person at an institution that is designated by the U.S. Department of State to operate the J VISA program at that institution.

ALTERNATE RESPONSIBLE OFFICER (ARO)

A person at an institution that is designated by the U.S. Department of State to assist in operations with the J VISA program.

All F and J appointed advisors are in the Center for Global Programs & Studies, International Students and Scholars division. The school official's primary role is to ensure you understand the rules of your nonimmigrant VISA status and point you towards the appropriate resources (academic, professional, and cultural) that you will need in order to succeed during your time as a student at Wake Forest.

NOTE: Students enrolled in programs of study on the Bowman Gray campus are asked to contact their DSO located in the Graduate School office as their first point of contact. If your DSO is not available (i.e. vacation, sick leave) you are free to contact the ISSS Office for assistance.

INTERNATIONAL STUDENT & SCHOLAR SERVICES OFFICE

CENTER FOR GLOBAL PROGRAMS & STUDIES (GPS)

GPS is the parent office that houses Study Abroad for undergraduate students, International Students & Scholars, Global Campus Programs and Global Assessment, Development, and Research.

- LOCATION: Reynolda Hall, Room 116, Reynolda Campus, 1834 Wake Forest Road
- HOURS: M-F, 8:30AM-5:00PM
- PHONE: 336-758-5938

INTERNATIONAL STUDENT & SCHOLARS SERVICES (ISSS)

ISSS is the division of GPS that supports international students' transition to the U.S. and assists students in understanding how they can maintain compliance with their student VIS status.

- Reynolda Campus: m-f, 8:30am-5:00pm
- Bowman Gray Campus: Suite 150, 525 Vine Street | M-F, 8:00am-4:00pm



Reynold Hall
Reynolda Campus

GOVERNMENT AGENCIES AND ACRONYMS

During your time as a student, you will work with numerous U.S. government agencies and government software systems to ensure you maintain compliance with your F student status. Below summarizes some of the common government agencies and software you will interact with.

<p>DEPARTMENT OF HOMELAND SECURITY (DHS)</p>	<p>DHS is the parent agency within the U.S. government that is tasked with the protection of U.S. borders. They oversee three other key units that students often interface with during their time in the U.S.</p>
<p>STUDENT EXCHANGE VISITOR PROGRAM (SEVP)</p>	<p>SEVP is a division of the U.S. Department of Homeland Security (DHS) which oversees management of the Student Exchange Visitor Information System (SEVIS).</p>
<p>STUDENT EXCHANGE VISITOR INFORMATION SYSTEM (SEVIS)</p>	<p>The software system that tracks all students and exchange visitors that use the F or J VISA type. School officials use this system to report the activities of a student or exchange visitor and any changes to their information. Each student is assigned a SEVIS ID number, which is listed on the Form I-20 or Form DS-2019.</p>
<p>U.S. CITIZENSHIP & IMMIGRATION SERVICES (USCIS)</p>	<p>USCIS is a second division of the Department of Homeland Security (DHS) that oversees and approves any petitions for immigration changes or benefits within the U.S.</p>
<p>CUSTOMS & BORDER PROTECTION (CBP)</p>	<p>CBP is tasked with verifying and checking documents at the border. You will interface with CBP each time you enter the U.S. They do reserve the right to refuse entry to the U.S. if you fail to present the proper documentation for their review.</p>
<p>IMMIGRATION & CUSTOMS ENFORCEMENT (ICE)</p>	<p>ICE is tasked with enforcing border control, customs, trade and immigration to promote homeland security and public safety.</p>

Nonimmigrant VISA Issues

UNDERSTANDING THE U.S. IMMIGRATION SYSTEM

The U.S. immigration system allocates certain VISA types for students who seek to study in the states. Wake Forest is authorized to sponsor students on the following two VISA categories:

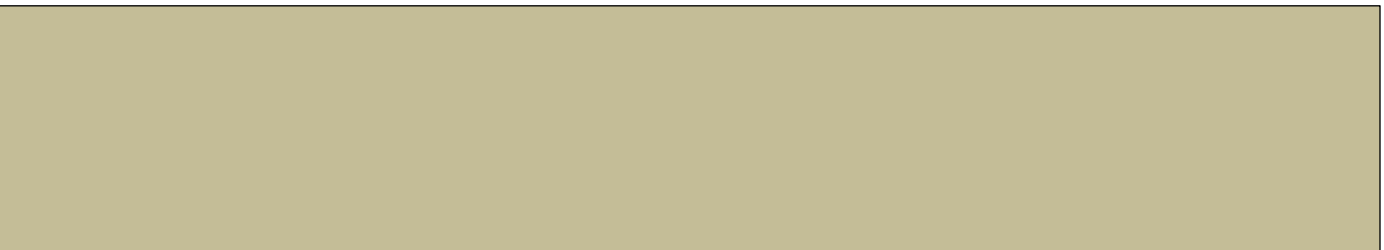
- **F-1 STUDENT VISA:** This is the most often used VISA category for students. It enables students to pursue a degree program full-time, and it provides unique provisions that allow students, on a limited basis, to pursue employment during the program of study and post-graduation.
- **J-1 STUDENT VISA:** The J-1 category is used for exchange students primarily, but can also be used for any full-time student whose financial sponsor requires the use of the J-1 instead of the F-1.

Please read below to understand the difference between VISA status and VISA stamp, and how to apply for an F VISA stamp, or change your existing nonimmigrant status if you are already in the United States.

VISA STATUS

VISA status refers to the rules and regulations that surround a VISA category. For example, students on the F VISA are required to maintain their F status. Some of the things students must do include:

- Maintain full-time enrollment
- Refrain from engaging in unauthorized employment
- Maintain a valid unexpired Form I-20 and request extensions in an appropriate manner
- Etc.



VISA STAMP

The VISA stamp that is placed in a passport is used for entry purposes only to the United States. All students on the F visa, with the exception of Canadian citizens, are required to have an F stamp in their passport in order to enter the United States. Once here, the stamp can expire with no consequence due to the unique attributes of the F category which allow students to remain in the United States so long as they have valid documentation (Form I-20).

Applying for a Nonimmigrant VISA (F-1) at a U.S. Consulate/Embassy

STEP 1

Obtain Form I-20: Once you have been accepted to the University and have proven that you have the available financial means necessary to fund your studies (if required), you will be issued a Form I-20. This form will allow you to apply for an F-1 student VISA at the nearest U.S. Embassy/Consulate.

After acceptance, the Graduate School will send you an email requesting information for the processing of your I-20. **If you have any dependents (F-2) that will be accompanying you to the United States during your studies**, please send their information as well. Along with the following information, you will need to send a copy of your passport along with copies for any dependents.

First Name:

Last Name/Family Name:

Middle Name (if applicable):

Date of Birth:

Country of Birth:

Country of Citizenship:

International Mailing Address:

Mailing Address for Federal Express Delivery if different from above:

STEP 2

Pay SEVIS I-901 fee: After you receive Form I-20, you will need to pay the SEVIS I-901 fee. This fee is used to pay administrative costs associated with the SEVIS computer system. This fee can be paid in a variety of ways, including online using a major credit card. F-1 students will need to pay the SEVIS I-901 fee prior to his/her VISA interview at the U.S. Embassy/Consulate. For Information on payment options – visit <https://www.ice.gov/sevis/i901/wu-instructions>.

STEP 3

Schedule your VISA interview: From some countries, an appointment can be scheduled online. Others will need to do so by telephone. Before going for your VISA interview, you should be aware of all documentation that is required by the specific Embassy/Consulate you will be visiting. Procedures and practices vary from country to country, so make sure that you check the Embassy/Consulate's website prior to your visit.

Please keep in mind that you can apply for the VISA as soon as you receive your Form I-20 and pay the SEVIS I-901 fee. You are advised to apply as early as possible to avoid any delays caused by a large number of students applying at once, background checks, etc.

STEP 4

Make initial entry into the U.S. Once you have obtained your F VISA, you may make an initial entry to the U.S. **up to 30 days prior to the start date listed on your Form I-20.**

VISA TROUBLES/DENIALS

If you are denied a VISA from a U.S. Embassy/Consulate, you should contact your DSO and keep your program director updated on the delay. Please keep in mind that the University can only provide limited assistance on such matters, but we will attempt to do everything possible to make sure that you obtain your student VISA in a timely manner.

CHANGING YOUR NONIMMIGRANT STATUS FROM WITHIN THE UNITED STATES

If you are currently residing in the U.S. in another nonimmigrant status (ex. H4, L2, E3, etc.) and you wish to change your status to the F or J status, you will need to file form I-539 “Change of Nonimmigrant Status” with U.S Citizenship & Immigration Services (USCIS).

ISSS will provide information to you regarding the steps you should take to file your petition to USCIS. If you are uncomfortable with filing the application yourself, you are encouraged to seek legal counsel; ISSS can provide general information about the steps you will take, but cannot provide specific advice pertaining to individual cases.

If you are currently residing in the U.S. in B-1 or B-2 status, you are not allowed to attend classes as a regular, degree-seeking student until the I-539 has been approved by the USCIS. Please note, not all nonimmigrant categories are eligible to pursue a change of status in the United States.

ALREADY IN F STATUS IN THE UNITED STATES: SEVIS TRANSFER

If you are studying at another U.S. institution in F status, you will arrange to have your SEVIS record transferred electronically by your current institution to Wake Forest University. After admission, you will receive specific instructions from your DSO regarding the SEVIS Transfer process and what steps you must take.



MAINTAINING F-1 STATUS

Maintaining status as an F student is fairly simple. The main objective of a student is to study in the degree program listed on the most current Form I-20 and make continued degree progress.

FULL-TIME ENROLLMENT REQUIREMENT

All F students are required to enroll FULL-TIME for each required term. A full course of study is defined as:

- Fall and Spring semesters: 9 credit hours per semester
- Summer semester: 6 credit hours

EXCEPTIONS TO FULL-TIME REQUIREMENT

There are limited exceptions to the full-time course of study requirement. You must be pre-approved by a PDSO/DSO (F students) **BEFORE** dropping below a full course load.

◦ ILLNESS OR MEDICAL CONDITION

Consult with a school official if you think you qualify for a reduced course load (RCL) based on an illness or medical condition.

◦ ACADEMIC DIFFICULTY

Consult with a school official for more information on difficulties with academics that may warrant a RCL.

OTHER REQUIREMENTS TO MAINTAIN COMPLIANCE

- ❑ REPORT CHANGES OF U.S. ADDRESS AND PHONE NUMBER TO DSO WITHIN 10 DAYS OF CHANGE.

Although you can change your address in your student center in PeopleSoft, that does not automatically alert your DSO that a change has occurred. **You must email your DSO with your new address/phone information so that it is properly recorded in the SEVIS system.**

- ❑ REFRAIN FROM UNAUTHORIZED EMPLOYMENT

As an F student, you have certain restrictions on employment in the U.S. This document will cover what types of employment are permitted under the terms of the F-1 VISA status.

- ❑ KEEP YOUR IMMIGRATION DOCUMENTS VALID

It is of utmost importance that you are aware of the expiration dates on your Form I-20, Passport and VISA Stamp. This book will explain the importance of these documents and what dates to be aware of.

- ❑ REQUEST EXTENSIONS OF YOUR I-20 IN A TIMELY MANNER

Knowing the expiration date of your I-20 is vitally important. **You must request an extension at least 30 days PRIOR to the expiration date of your Form I-20.** Extension requests may involve multiple departments on campus (ex: faculty advisor, DSO, and program of study).

KEY DOCUMENTS: PASSPORT

Your immigration documents are a key part of maintaining your nonimmigrant VISA status. Your **PASSPORT** is one of four documents you need to familiarize yourself with and ensure that it stays valid and in your possession.

IDENTITY

The passport is your governing document for identity. The name, as it is printed in your passport, is the name you must use for all official documents, applications, and forms. You may use informal nicknames with friends & peers.

NAME STANDARDIZATION

The U.S. Department of Homeland Security (DHS) recently promulgated name standardization guidelines that uses the machine readable portion of your passport. Accordingly, any “middle” names are considered a part of your given name. Your I-20 document reflects this change in policy.

Ex: P < U S A SMITH < < JONATHAN < ADAMS P O < C H N ZHANG < < LI
S U R N A M E G I V E N N A M E (S) S U R N A M E G I V E N N A M E (S)

YOUR PASSPORT AS A FORM OF IDENTIFICATION

While your passport can be used as an official form of identification, it is not recommended that you carry it with you on a daily basis. You are eligible for a **North Carolina State ID** card which does serve as an official form of identification. It is strongly recommended that you apply for this card. Details on how to apply are enclosed in this book.

THE IMPORTANCE OF EXPIRATION DATES

Always be aware of the expiration date of your passport. U.S. Customs & Border Protection (CBP) looks to verify that your passport is valid for at least 6 months into the future when making entry into the U.S.

PASSPORT RENEWAL/REPLACEMENT

Your passport can be renewed or replaced from within the borders of the United States so long as your country of citizenship has a consulate/embassy set up in the U.S. You will need to consult with your home country consulate/embassy for application instructions and fees.

A NOTE ABOUT EMAIL ETIQUETTE . . .

If emailing a faculty or staff member on campus, it is strongly recommended that you include **your legal name** in addition to any nicknames. This helps campus administrators identify you quickly and better answer your questions.

DOCUMENT: FORM I-94

Your immigration documents are a key part of maintaining your nonimmigrant VISA status. The Form I-94 is issued by Customs & Border Protection when you are entering the United States.

PURPOSE OF THE FORM I-94

The **Form I-94** is used to track all new admissions into the United States. It assigns you an 11-digit number, and records the VISA status you will be using during your time in the U.S. It also lists how long you are entitled to remain in the U.S. These are now issued electronically if arriving by air. If arriving by land, you may still receive a paper Form I-94.

It is of utmost importance to keep each I-94 record you are issued, as it serves as evidence of lawful admission to the U.S.

HOW TO FIND YOUR FORM I-94 ONLINE

You can find your form I-94 by using the instructions below. It is strongly recommended that you print out the Form I-94 after EACH entry into the U.S. It is your responsibility to maintain a complete record of your immigration history in the U.S.

- Go to [CBP.GOV/I94](https://www.cbp.gov/I94)
- Click "Get I-94 Number Now" in the top right corner of the page
- Click "Get Most Recent I-94"
- Click "Consent and Continue" to agree with the terms and conditions of the website
- Fill in your passport information
- Click "Next," and Print

ADMIT UNTIL: D/S (DURATION OF STATUS)

When you locate your Form I-94, it should not list a specific date after the words "Admit Until". Instead, it should have the following notation: D/S

This notation stands for "DURATION OF STATUS".

- For F-1 students "D/S" correlates to the program completion date on your Form I-20.
- ***IMPORTANT: If your I-94 does not show "D/S" or your correct VISA status (ex. F-1), contact your DSO for assistance.***

WHERE WILL I USE THE FORM I-94?

- Department of Motor Vehicles, if applying for a N.C. State ID or Driver's License (details for applying for either of these cards IS provided later in this book)
- Social Security Administration, if eligible for a Social Security Number (details for eligibility provided in this book)
- Applications for immigration benefits through USCIS

DOCUMENT: FORM I-20

Your immigration documents are a key part of maintaining your nonimmigrant VISA status. The **Form I-20** for F-1 students is issued before arrival by your school's Designated School Official (DSO). The purpose of the form is to clarify the program of study and anticipated length of the program.

PROGRAM END DATE

It is of utmost importance that you memorize the program end date listed on your most current I-20. It is strongly recommended that you put an alert on your calendar for this date.

- ❑ It is **your responsibility** to ensure the information on your Form I-20 is correct. If you need more time for your program of study, or will be graduating early, you must notify the DSO **PRIOR TO** the end date listed on your forms.
- ❑ Academic extensions are not available in all circumstances so it is imperative to discuss changes to your program end date with your DSO advisor as soon as you think you may need more time to complete your degree.
- ❑ It is **your responsibility** to notify the DSO **IN ADDITION TO** any other relevant campus offices such as the registrar's office, your faculty advisor, and program director if there are any changes to your program length.

TRAVEL VALIDATION SIGNATURE

The I-20 has a space marked for a travel validation signature (page 2). This signature is valid for 1 year from the date it was signed or until your program end date, whichever is sooner. The signature must be valid anytime you attempt to re-enter the U.S. during your program of study.

- **Example #1:** Signature was issued on July 1, 2017. Your program end date is on May 1, 2018; therefore your travel signature is only valid until May 1, 2018.
- **Example #2:** Signature was issued on July 1, 2017. Your program end date is on May 1, 2019. Your travel signature is valid until June 30, 2018; therefore you will need a new travel signature if you leave the country after June 30, 2018.

GRACE PERIODS AFTER PROGRAM END DATE

After the program end date, students are given a grace period during which they can remain in the U.S. to pack up and settle affairs. F-1 Students have a **60 day grace period**. Once the grace period ends, the student must exit the U.S. unless the student made prior arrangements to: (1) attend another U.S. institution and have their SEVIS record transferred to that institution; (2) has applied for work authorization (Optional Practical Training for F students); (3) or has submitted an application to change their status to another VISA category.

IMPORTANT: If you exit the U.S. during your grace period, you cannot re-enter in F-1 status.

DOCUMENT: VISA STAMP

The Machine Readable VISA (MRV) is issued at a U.S. consulate or embassy prior to arrival for citizens of all countries except for Canada.

PURPOSE OF THE VISA

The VISA stamp grants you the ability to arrive at the border of the United States and apply for admission. It must be valid each time you attempt to enter the United States. Issuance of the VISA stamp does not automatically guarantee that you will be able to enter the U.S.

Entrance to the U.S. is a two-step process:

- You apply for a machine readable VISA stamp at the U.S. embassy or consulate located in your home country.
- You apply for admission using the machine readable VISA stamp, with the supporting documentation (Form I- 20), at which point the customs and border protection official will ensure you have the proper paperwork in hand and decide whether to grant you admission onto U.S. soil.

Think of the VISA stamp as a ticket to a secured event. You may have the ticket, but you still need to get through security to enter the event.

WHERE CAN I GET A VISA?

VISA stamps are only issued at U.S. consulates or embassies. **There are no U.S. consulates or embassies in the United States.** The stamp must be valid at the time you make entry to the U.S. If your machine readable VISA has expired or will expire before you plan to enter, you must have it renewed at the nearest U.S. embassy or consulate before attempting to enter the U.S. Instructions on how to apply for an MRV is dictated by each consulate/embassy so it is imperative that you research their application procedures well ahead of your planned trip.

LOST PASSPORT?

If you lose your passport that contains your MRV, you will be required to obtain a new MRV the next time you exit the U.S. You will need to work with your home country's local consulate or embassy in the U.S. to obtain a new passport.

EXPIRATION DATE

So long as you have been admitted to the U.S. as an F student and you have a valid Form I-20, you are able to remain in the U.S. past the expiration date of your VISA stamp. The next time you plan to exit the U.S., you would need to renew the stamp at the nearest U.S. embassy or consulate before attempting to re-enter in F status.

AUTOMATIC VISA REVALIDATION (AVR)

AVR is the one exception that allows you to enter the U.S. with an expired F VISA stamp.

This benefit is not available to students from certain countries. AVR allows a student to re-enter with an expired VISA stamp if:

- ❑ The student is from a qualifying country that permits entrance using AVR;
- ❑ The student has traveled to Canada, Mexico, or the qualifying adjacent Caribbean Islands for a period of 30 days or less AND;
- ❑ The student has a valid Form I-20 with a valid travel validation signature.
- ❑ For more information, visit: ice.gov/saves/travel.

DEFINING TEMPORARY ABSENCE: 5-MONTH RULE

The Student Exchange Visitor Program (SEVP) defines a temporary absence from the U.S. for a student to be 5 months. If you plan to take a leave of absence for medical, personal, or academic reasons, you must consult with your DSO prior to making your final decision on a leave of absence.

EXCEPTION:

The 5-month clause is waived if your time away from the U.S. is due to:

- Enrollment with an approved study abroad program in which you will maintain enrollment at WFU,
- Approved thesis/research abroad in which you will maintain enrollment at WFU.

In either of the above scenarios, you must speak to your DSO prior to departure so your Form I-20 can be updated with this information.

TRAVELING OUTSIDE THE U.S.

Students often decide to travel to neighboring countries or countries other than their country of citizenship while enrolled at WFU. **It is the responsibility of the student to research the entrance requirement to that country.** Keep the following in mind when planning travel:

- ❑ The country you plan to enter has full authority to decide whether you are eligible to enter their territory.
- ❑ You may need to apply for an entrance VISA to the country you plan to visit; you should start research well in advance of your trip. Some countries will require you to appear in person at their local consulate/embassy to apply for a VISA stamp.
- ❑ You may have to surrender your passport for the purpose of VISA issuance. You should obtain a NC State ID or Driver's License as an alternate form of identification for domestic travel.
- ❑ Some countries have instituted a requirement that a student's U.S. VISA be valid well beyond the student's intended travel dates before making an application to enter their country.

Example: A student's U.S. F-1 VISA is set to expire August 30, 2018. Student is attempting to apply for a VISA stamp to Italy to obtain additional training in a research procedure which is scheduled from September 1, 2018—December 30, 2018. The Italian consulate may deny the application because the student's F-1 VISA will not be valid to re-enter the U.S. at the end of their anticipated time in Italy.

DOCUMENTS FOR ENTRY TO THE U.S.



PASSPORT

EXPIRATION DATE AT LEAST
6 MONTHS INTO FUTURE



VISA STAMP

MUST BE VALID UNLESS



FORM I-20/DS-2019

WITH CURRENT TRAVEL

TRAVELING TO THE U.S.: ARRIVAL

As you begin your journey to Winston-Salem, NC, please use the following as resources to ensure a smooth and safe arrival.

INITIAL PORT OF ENTRY

When you arrive at your initial port of entry to the U.S., you should have the following documents with you:

- Form I-20 issued by Wake Forest University
- Passport that is valid for AT LEAST six months beyond the date of your initial entry
- F-1 visa stamp in your passport (exception, Canadian citizens are not required to have a visa stamp in their passport to enter)*
- Proof of admission to Wake Forest University
- Proof of finances
- Proof of SEVIS I-901 fee payment

**If you do not have the F-1 visa stamp in your passport, the likelihood that you will be denied entry to the U.S. is very high.*

You will be admitted into the country as an F-1.

If you do not have your Form I-20 with you when you arrive at a U.S. port of entry, you will most likely be temporarily admitted into the country for 30 days. You will be given Form I-515A and instructed to send in all necessary documentation to an office in Washington D.C. If you receive a Form I-515A, contact the International Students & Scholars division (ISS) immediately upon arrival to campus to ensure you receive the appropriate documentation to send to Washington D.C. in a timely fashion.

DELAYS

Please keep in mind that you may be making an entry to the U.S. at a very busy time of the year in terms of processing for customs and immigration. There is always a chance that you will be delayed and will not be able to make your connecting flight.

NEAREST AIRPORT TO WINSTON-SALEM

Greensboro Piedmont Triad International Airport (GSO) is the closest airport to Winston-Salem, NC.

While flights to **Charlotte Douglas International Airport** (CLT) and **Raleigh-Durham International Airport** (RDU) may be cheaper, these airports are located approximately 1.5 to 2 hours away from Winston-Salem. Ground transportation is limited from those cities; therefore the cost to travel to Winston-Salem from those airports may exceed the amount you saved on airfare by flying into the larger airports.

NOTE: If traveling alone, feel free to contact the Graduate School to request the option of having a Student Ambassador pick them up from the Greensboro Airport. Contact bggrad@wakehealth.edu to make your request.

LOCAL HOTELS

If you will be arriving late in the evening, you may want to spend the night in the city of your arrival (i.e. Greensboro area).

There are several hotels located near the GSO Airport. Most of these hotels provide shuttle service to and from the airport.

➤ Greensboro Hotels

Best Western Greensboro Airport

800 National Service Road, Greensboro, NC
(336) 454-0333

Greensboro Marriott Airport

1 Marriott Drive, Greensboro, NC
(336) 852-6450
(located across the street from the airport terminal)

➤ Winston-Salem Hotels

Courtyard by Marriott

3111 University Parkway, Winston Salem, NC
(336) 727-1277

Fairfield Inn & Suites

125 South Main Street, Winston Salem, NC
(844) 631-0595

Fairfield Inn & Suites Winston-Salem Hanes Mall

1680 Westbrook Plaza Drive, Winston Salem, NC
(844) 631-0595

Graylyn Inn and Conference Center

(shuttle from GSO for extra cost; free shuttle to campus)
1900 Reynolda Road, Winston Salem, NC
(800) 472-9596

Hawthorne Inn and Conference Center

(affiliated with Wake Forest Baptist Medical Center, free shuttle service to the medical center)
420 High Street, Winston-Salem, NC
(855) 516-1090

Residence Inn by Marriott Winston-Salem/University

7835 North Point Boulevard, Winston Salem, NC
(336) 759-0777

Sundance Plaza Hotel and Suites

3050 University Parkway, Winston Salem, NC
(800) 346-8357

GETTING SETTLED: HOUSING

You are strongly encouraged to secure housing prior to your arrival if you find something online you think you like. BE AWARE that housing contracts are binding documents! If you arrive and find the housing option unsuitable, you may not be able to get out of your contract and move to a new location unless you pay a heavy fine.

Some international students wait until after they arrive in Winston-Salem to make a housing commitment. This allows for the opportunity to find housing that is suitable for their personal wants and needs. If you will be using this approach, you will need to plan for a short stay in a local hotel. This will give you time to tour and compare several different properties, as well as give the complex time to prepare and clean the apartment prior to your scheduled move-in date.

The Graduate School has a comprehensive housing resource page found on the following website: graduate.wfu.edu/NextStepsforEnrollment.

IMPORTANT HOUSING TIPS

Please keep the following tips in mind when looking for an apartment and/or signing a lease:

- ❑ A contract is a legally binding agreement between you and the owner/management. Once you sign a contract and take possession of the apartment, you are bound by the rules of that contract. If you decide to move prior to the end date listed on the contract, you will most likely have to pay a heavy fine and forfeit your deposit.
- ❑ Most apartment contracts are for a 12-month period. On occasion, a complex will allow you to sign a 5-6 month lease.
- ❑ Most apartment complexes require a deposit. The amount of the deposit is often equal to one month's rent.
- ❑ The vast majority of apartments in Winston-Salem are unfurnished, and you will be responsible for furnishing the apartment.
- ❑ You get what you pay for! The amount of rent you pay is usually a good reflection of the overall quality of the apartment. If the rent is cheap, the apartment may not offer some of the amenities that are found in the more expensive complexes.
- ❑ Your personal safety should be your highest priority in looking for an apartment. If you have doubts about the overall safety of a certain property, please contact the Graduate School or program staff prior to signing a lease. Current graduate students are also an excellent source of information about housing options.
- ❑ If you damage the apartment or leave it in a dirty state when you move out, you will be charged a repair/cleaning fee.
- ❑ You should not hesitate to call the management office if you have a problem with your apartment, such as noisy neighbors, leaky faucet, etc.
- ❑ When you look at an apartment, make sure that you ask the management about any rent specials that they might have. Many local complexes run specials throughout the year. Even if they don't have any advertised specials, a discount might be available if you ask.
- ❑ Most apartments charge extra rent and/or deposit money for pets.
- ❑ Beware of false housing agents or online services. Research the apartment community or homeowner you wish to rent from thoroughly.

CONNECTING WITH CURRENT STUDENTS

- **Join the Incoming Student Facebook Group for your class:**
 - **Incoming Fall 2019 Students**
 - *Optional: International Students*
 - Current international students in our biomedical graduate programs can be reached via **WeChat** by searching username: @WFUBioGrad.

MOVING QUESTIONS

The **Graduate Student Ambassador Program** is designed to assist new graduate students who are moving to the Winston-Salem area. Each year current graduate students who have agreed to participate in the program are identified and their contact information is provided to help new incoming students locate housing, banking, physician/dental services, restaurants, laundry facilities, recreation, etc. International students are identified by their country of citizenship.

Additional assistance may also be provided by your program of study and they will reach out to you separately during the summer.

POSTAL SERVICES

There is a full service post office located at the Wake Forest Baptist Medical Center, Hawthorne Road. In addition to all of the regular mailing services, the post office is also able to send mail internationally via FedEx and accept packages from all other couriers (UPS, DHL, etc.).



SHOPPING & DINNING

There are a number of options for shopping and dining in and around Winston-Salem. Make use of the internet to find convenient shopping areas and restaurants in and around your housing or campus location. You should also check with your fellow graduate students, advisors, and staff to locate the hidden treasures.

UTILITIES

For graduate students living off campus: Most apartment complexes will have a list of contact numbers for all utility services such as electricity, phone, cable TV, etc. Please keep in mind that you will probably have to pay a deposit in order to connect most utilities. Although you may be asked to provide a Social Security number, it is not necessary in order to receive service.

NEW STUDENT ORIENTATION

CONGRATULATIONS again on your acceptance into Graduate School! The information below will provide you some insight into onboarding requirements prior to your arrival, and during orientation.

ACADEMIC ADVISING

Academic advising will take place during orientation to assist you with the course registration process. You will not be registering for courses before meeting with your program director. More information will be sent to you by your program of study at a later date.

CONTACT INFORMATION

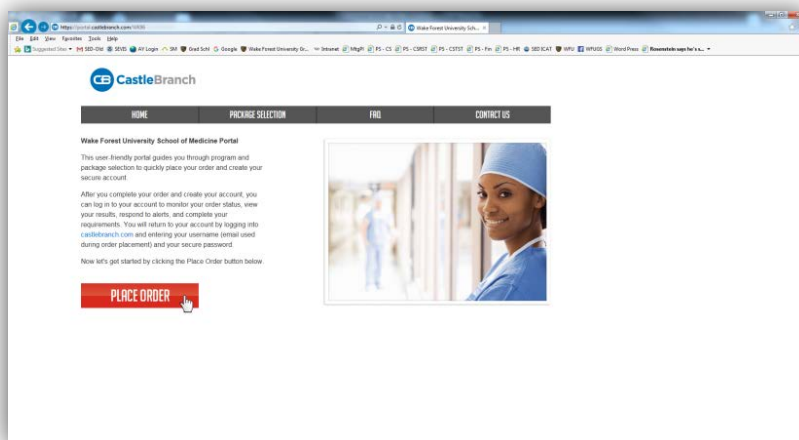
You are asked to keep the Graduate School updated on your contact information prior to and after orientation by contacting Beth at bwhitset@wakehealth.edu.

BACKGROUND CHECK

As stated in your offer letter, all incoming graduate students are required to comply with vaccination requirements and undergo a background check in advance of orientation. A mandatory drug screening will also be required. More information on the drug screening will be provided during orientation.

The Graduate School has contracted with **CastleBranch** to conduct the background screening and monitor receipt of the required health forms and vaccinations.

If you have not completed both the background screening and required vaccinations, you will not be allowed to participate in orientation or to enroll in our Graduate School. If you have extenuating circumstances that will not allow you to complete these requirements by the deadlines, please contact Beth Whitsett (bwhitset@wakehealth.edu) or Dr. Erik Brady (ebrady@wakehealth.edu) as soon as possible. Additional information will be provided as soon as possible.



Mandatory drug screenings and flu shots will also be required during your academic career. More information on obtaining these two screening will be provided during orientation.

HEALTH RECORDS AND IMMUNIZATIONS

The following information will be required and must be completed prior to orientation. Our office uses an outside vendor to gathering health records. Login information is provided once an offer of admission has been made and is also available on the “Next Steps for Enrollment” website - <https://school.wakehealth.edu/Education-and-Training/Graduate-Programs/Next-Steps-for-Enrollment>.

- Complete Physical Examination with Health History
- TB – Tuberculosis Tetanus
- Hepatitis B
- Measles, Mumps & Rubella (MMR)
- Varicella (Chicken Pox)
- Influenza

REGISTRATION | HEALTH INSURANCE | EMAIL | PAYROLL INFORMATION

Staff from the **Registrar’s** office, **Financial Aid**, **Payroll**, and **Financial Services** will be on hand to assist you with the completion of all documentation and to answer questions. You will be given a detailed agenda in your orientation package when you arrive the morning of orientation.

Your student account and email address login will be provided via email prior to orientation.

As mentioned previously, course registration will take place during orientation and/or academic advising.

Enrollment in the student health insurance plan will also take place during orientation. If you already have health insurance coverage, instructions will be provided on the proper “opting out” of the student plan. Those of you who have individual plans, you are requested to bring your insurance card with you to orientation so we can make a copy for our files.

TUITION PAYMENTS

Master’s students are responsible for payment of their first semester tuition payment by the third week of the semester. Tuition balances will be posted to your student account (login information providing during orientation). Additional information will be provided during orientation.

CAMPUS RESOURCES

EMPLOYEE HEALTH

Students may use the services of **EMPLOYEE HEALTH** for various issues while on campus, or in the event of an accident during the day. Work-related injuries do not need an appointment and take priority over all other visits. Employee Health services should not be viewed as a replacement for a primary care physician, particularly for chronic conditions. If you need more specialized care or to visit the hospital, a staff member will instruct you on your next steps. **Note: EMPLOYEE HEALTH will not be able to file health insurance if the provided service is not work related.** Check with the clinic prior to obtain services.

Location: G-floor, Meads Hall | 336-716-4801 | intranet.wakehealth.edu/Departments/Employee-Health/

FAMILY & COMMUNITY MEDICINE

Family & Community Medicine is available to all students and specializes in Family Medicine. They provide continuing and comprehensive health care for individuals and families and will bill the student health insurance plan.

Location: Piedmont Plaza I, 1920 West First Street, Winston-Salem, NC | 336-716-WAKE

In addition to the treatment of physical and emotional illnesses and injuries, the Family Medicine Center, an outpatient clinic of North Carolina Baptist Hospital, also provides:

- Physical examinations
- Well baby and child care
- Obstetrical and gynecological care
- Insurance, school, and sports exams
- Cardiac exercise testing
- Minor surgery, including skin biopsies and vasectomies
- Fitness and dietary guidance
- Health and disease patient education
- Individual, couple, and family therapy

COUNSELING & WELLNESS SERVICES

Services are available free of charge to all currently enrolled, full-time students in the Wake Forest School of Medicine, including all graduate students enrolled in the biomedical sciences. Their mission is to support and promote the emotional, intellectual, physical, social, and spiritual well-being of students by providing counseling services and activities designed to promote well-being. Counseling & coaching are all confidential processes whereby someone who is struggling with an issue or in need of an outside perspective and information in some area of their life enters into a relationship with a trained mental health professional in order to gain insight, get support, and possibly make changes.

Appointments: counselingservices@wakehealth.edu | 336-716-4271 | school.wakehealth.edu/Education-and-Training/Student-Affairs/Health-Wellness-and-Counseling

FINANCIAL SERVICES

Financial Services is the primary office on the Bowman Gray campus that can assist with questions regarding tuition payments, student account, international wires, and much more. They also assist students with enrollment in the student health insurance plan.

Contact: studentfinancials@wakehealth.edu | 336-716-2407 | Piedmont Plaza I, 1920 West First Street, Winston-Salem, NC

SPIRITUAL COUNSELING

The chaplains through the Division of Faith and Health Ministries are available to offer spiritual support or to counsel students in either their personal or vocational life. Chaplains also provide services, or work with students to support them in organizing rituals, ceremonies etc. that may be meaningful in the life of the community.

Contact: Dr. Michelle Nicolle, Innovation Quarter Chaplain | Office of Student Affairs
Suite 130, Bowman Gray Center for Medical Education, 475 Vine Street, Winston-Salem, NC
336-713-9766 | mnicolle@wakehealth.edu | wakehealth.edu/Faith-and-Health-Ministries/

STUDENT HEALTH NAVIGATOR

For assistance with navigating the various health and counseling services available to all students on the Bowman Gray campus, please contact Ms. Brown for guidance.

Contact: Ms. Marsha Brown, Student Health Navigator | Office of Student Affairs | 336-716-0637
msbrown@wakehealth.edu | 3rd floor, Bowman Gray Center for Medical Education
Wake Forest School of Medicine | 475 Vine Street, Winston-Salem, NC 27101

STUDENT MISTREATMENT AND REPORTING

A global Student Advocate role has been created within the Office of Student Affairs to serve as this central reporting resource for professionalism concerns for all WFSM students (MD, Graduate, PA, and CRNA), as well as for visiting students, non-WFSM clinical students and non-affiliated student interns.

To report a mistreatment or professionalism concern, you may contact Nicole Allen, the Student Advocate:

- Via phone at 336-713-7880
- Via email at chaallen@wakehealth.edu
- In person at Bowman Gray Center for Medical Education, 2nd floor, Office 2213

A confidential reporting system can be accessed through the Compliance Hotline.

STUDY ROOMS

➤ *Biotech Place – for Graduate School Students*

- 1st Floor, Room 159, “Grad Room” features 12 cubicles, a printer, and a whiteboard. This is a space dedicated for graduate student use. The door code is 1+3 (together at the same time), and 2.
- 2nd Floor, Room 201, Student Lounge next to the mail room. This is also a space dedicated for graduate student use. The door code is 3+5 (together at the same time), and 4.

➤ *525@Vine – for all students*

- Open seating in the 1st floor lobby.
- Printing/copying in Graduate School office, Suite 150

➤ *Bowman Gray Center for Medical Education*

- Quiet study areas with carrels on floors 3, 4, & 5 for all students.
- Student Resource Center (podcast studio) on the 3rd floor for all students.

Resource Center staffed hours:

Mon - Thu 8 am - 10 pm

Fri 8 am - 6 pm

Sat 10 am - 6 pm

Sun Noon - 8 pm

Saturdays and Sundays there will be no staff present. The library will be accessible by student badges. If you need to use a model, please see library staff to reserve one before the weekend.

- Open seating in the atrium and lobby areas of floors 1, 2, 3, & 5 for all students.
- Plentiful outdoor seating in Bailey Park and the courtyard for all students.

➤ *Medical Center*

- “Fishbowl” on E-floor, Hanes Building (badge access) for all students.
- Student lounge on E-floor Hanes including a refrigerator, microwaves, a Keurig, an air hockey table, and a foosball table (access code is 5314#) for all students.
- Hanes Room E-4 available for group study.
- Interaction rooms 2, 3, 4, and 5 (room numbers correspond with floor numbers) in the NRC/Commons Building for all students.
- Carpenter Library, 1st floor, Gray Building for all students.

Hours at Carpenter Library are as follows:

Mon-Thu 7 am - Midnight

Fri 7 am - 6 pm

Sat 10 am - 6 pm

Sun 1 pm - Midnight

Carpenter has the same models as the resource center and they are available any time on the weekends for use.

EMPLOYMENT IN THE U.S.

As an F-1 student, employment in the U.S. is heavily regulated. Below outlines the allowable types of employment for students.

ON-CAMPUS EMPLOYMENT

An F-1 student is allowed to pursue on-campus employment with the following conditions:

- 20 hours/week during the semesters
- 40 hours/week during school breaks (winter, summer)

If you receive an offer of employment, you should contact your DSO to schedule an appointment to meet to discuss your obligations.

NOTE ABOUT ON-CAMPUS EMPLOYMENT

Many on-campus jobs are reserved for students that are eligible to receive federal financial aid from the U.S. government. As a nonimmigrant, you are not eligible to receive federal aid, and therefore may face additional difficulties in securing on-campus employment.

CURRICULAR PRACTICAL TRAINING

An F-1 student is allowed to pursue off-campus internships during their course of study with prior approval from your DSO. A student is only eligible if they meet the following criteria. Applications must be made prior to engaging in an internship. Any employment off-campus without prior approval is considered unauthorized employment.

- ❑ The student is enrolled for at least 1 academic year
- ❑ The student's program of study requires participation in an internship or the student is enrolled in an internship course that requires participation in an internship
- ❑ The internship opportunity directly relates to the student's major program of study

OPTIONAL PRACTICAL TRAINING

An F-1 student is potentially eligible for a period of work authorization to use either during or after graduation. Most often, this benefit is used after graduation. Seminars on the Reynolda campus are held throughout the year that explains the rules and regulations associated with this benefit. **It is strongly recommended that students attend at least one of these sessions** to understand future employment options, eligibility, and application process; otherwise make an appointment with your DSO to go over the rules and guidelines.

SOCIAL SECURITY NUMBER

HISTORY OF THE SSN

A social security number (SSN) is a number assigned in the U.S. to eligible individuals. Nonimmigrants are only eligible for an SSN if they are work eligible per their VISA status and have a valid offer of employment from a U.S. employer. The F VISA provides certain employment benefits as a part of the VISA status as outlined on the previous page.

In addition to establishing eligibility for employment, the social security number also tracks an individual's credit worthiness in order to provide companies with an idea of the consumer's dependability.

IS IT REQUIRED IN ORDER TO OBTAIN A SERVICE OR PRODUCT?

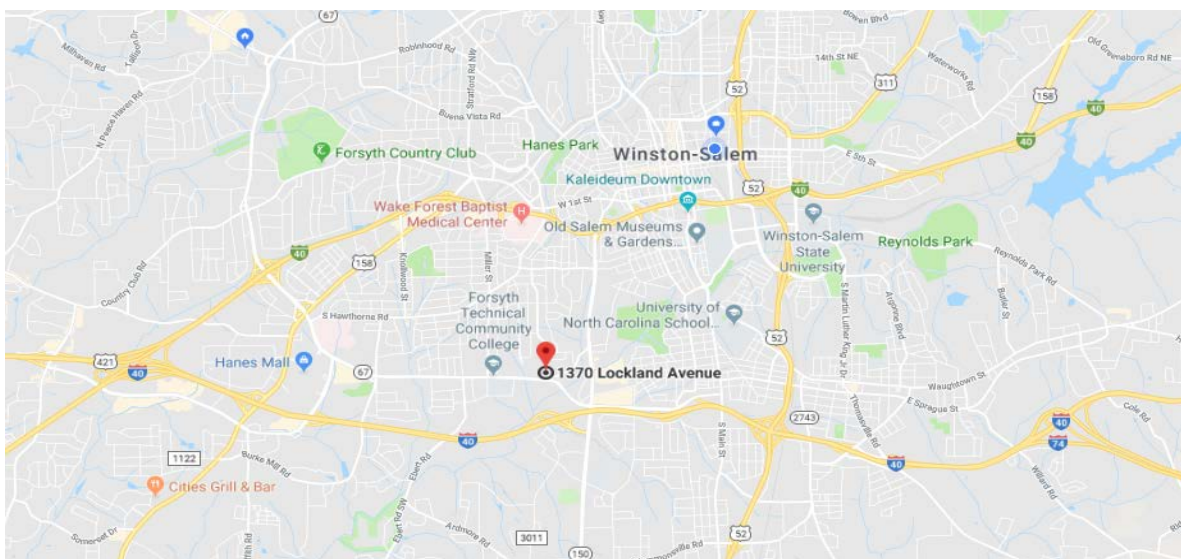
No, a social security card is **never** required to obtain a service or product. Ask for a manager or supervisor if you encounter someone who is not willing to provide you with a service. Many companies have an alternative option to pay a security deposit in lieu of an SSN.

HOW DO I APPLY FOR A SSN?

You are only eligible for an SSN if you have an offer of employment. If and when you become eligible for an SSN (i.e. you receive an offer of on-campus employment or you are approved for CPT or OPT), you will be given instructions and a letter from your DSO to take to the Social Security Administration to apply.

[Winston-Salem Social Security Office](#) is located near the Peters Creek Pkwy and Silas Creek Pkwy intersection.

- **Social Security Office Location**
 - 1370 Lockland Ave
Winston Salem, North Carolina 27103
- **Social Security Office Phone Number**
 - 1-877-402-0828 or TTY: 1-336-722-8411
- **Social Security Office Hours**
 - Monday – Tuesday - 9:00am - 4:00pm
 - Wednesday – 9:00am - 12:00pm
 - Thursday – Friday - 9:00am - 4:00pm
 - Closed Saturday and Sunday

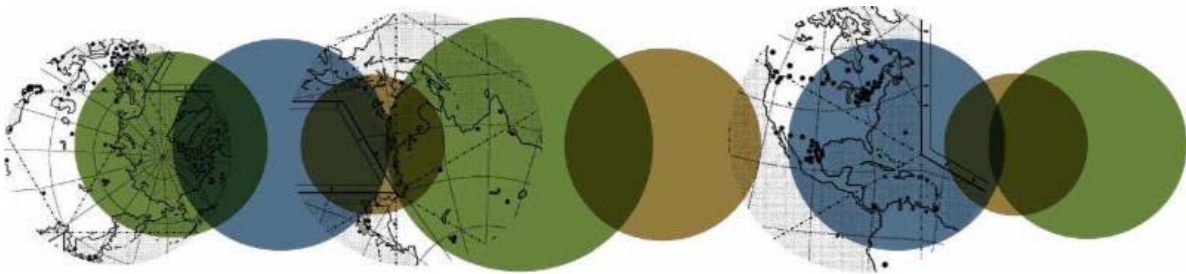


OPENING A BANK ACCOUNT

If you find a need to open an account, let them know you are an international student on an F-1 VISA. A bank representative will assist in opening the appropriate account(s) for you. A minimum balance is typically required to open an account, but please consult with a bank official for this amount.

DOCUMENTS TYPICALLY REQUIRED TO OPEN AN ACCOUNT:

- Passport
- F VISA stamp (exception: Canadian citizens)
- I-94 record (cbp.gov/i94)
- I-20



N.C. DRIVER'S LICENSE & ID

As a student at WFU, you are eligible to obtain a N.C. driver's license or N.C. State ID Card. Applications for both are processed at the Department of Motor Vehicles (DMV). Both serve as official forms of identification and for that reason, **we recommend obtaining either card in lieu of carrying your passport around.**

N.C. STATE ID CARD

The N.C. state ID card is used for identification purposes **ONLY**. It does not allow you to drive in N.C. or the greater U.S. The cost for the card is \$13.00. Gather the items to the right and go to the DMV location (see below for addresses) to apply for the card. At the DMV, they will process your paperwork and will take your photo. A temporary card will be issued to you and the official ID will then be mailed within 10-15 days.

DOCUMENTS FOR NC STATE ID

- Passport
- I-20
- Proof of residence (ex. Lease or bill)
- I-94 record (cbp.gov/i94)
- F VISA stamp

N.C. DRIVERS LICENSE

The N.C. driver's license serves as a form of identification as well as authorization to operate a motor vehicle. ***IMPORTANT - NEW STUDENTS: Please allow 7-10 days for the SAVE system to update your registration in SEVIS before going to the DMV.***

➤ Step 1: Obtain Liability Insurance

Liability insurance is a type of insurance that covers *you* as a driver operating *any* motor vehicle (regardless of if you own a car or not.)

➤ Step 2: Gather Documents

- Passport
- I-20
- Proof of residence
- I-94 record (cbp.gov/i94)
- F-1 VISA stamp
- Proof of liability insurance

COMPANIES THAT SELL LIABILITY INSURANCE

- Geico
- Progressive
- State Farm
- Nationwide
- Travelers
- Farm Bureau

➤ Step 3: Take Tests

- Vision Test: Be sure to bring any corrective lenses with you in order to pass this portion of the exam.
- Signs Test: You will be asked to identify common road signs, all information for the signs tests can be found on the NC DMV website in the downloadable Driver's Manual.
- Written Test: The test is 25 questions multiple choice. You must correctly answer 20 questions to pass. All information for the written test can be found in the Driver's Manual.
- Road Test: You will be required to take a driving test. You will need to bring a vehicle to drive. If you are using someone else's vehicle, the owner will need to be present.

Successful completion of these tests will earn you a complete unrestricted license. A permit is not necessary to obtain first if you have prior driving experience and feel comfortable driving in the U.S.

WINSTON-SALEM DMV LOCATION/WEBSITE

2001 Silas Creek Parkway, Winston Salem, NC 27103 | M-F 8:00am-5:00pm | WWW.NCDOT.GOV/DMV

BUYING/REGISTERING A CAR

In order to purchase and register a car in N.C., you must have a N.C. driver's license or state ID card. Once you have purchased the car, you will receive what is called a *title* which is the official document that proves ownership of the car.

IMPORTANT: Do not purchase a car if the title is not present at the time of purchase.

REGISTRATION

In order to obtain license plates for the newly purchased car, you must register the car in your name.

➤ **Step 1: Obtain N.C. Driver's License or State ID**

➤ **Step 2: Gather Documents**

- ❑ Title that has been properly signed and notarized. Often your bank may have a notary that you can use free of charge. Denise Wolfe, in the Graduate School Office, is also a notary and students may use her services free of charge.
- ❑ N.C. driver's license or state ID card
- ❑ Proof of insurance that covers the car (if you already have liability insurance, it will need to be adjusted to an owner's policy). The insurance companies have the ability to provide insurance as well as car insurance. The amount the insurance will cost is dependent on the value of the car and the safety features and amenities.

➤ **Step 3: Pay Fees**

- ❑ Certificate of Title
- ❑ License Plate
- ❑ One-time state road tax (3% of purchase price/value of car)
(The fees above are paid at the licensing office. The fees can be paid with either cash, check, money order, or credit cards).
- ❑ Annual county road tax (3% of purchase price/value of car): In 2-3 months after you register the car, you will receive another bill from the county (Winston-Salem is located in Forsyth County). ***You must pay this fee as well.*** You will receive this bill annually from the county.

MAINTAINING INSURANCE

It is of utmost importance that insurance is paid continuously on the car provided you have an active registration and license plates on the car. Even if the car is stationary, you must have continuous coverage. There are severe penalties for lapses in insurance coverage.

N.C. LICENSING AGENCY

The licensing agency is in a separate location from the Winston Salem DMV:

1141 Silas Creek Parkway, Winston Salem, NC 27127

Hours: M-F, 9am-5pm | 336-725-2795 | WWW.NCDOT.GOV/DMV

TRANSPORTATION: LOCAL

PUBLIC AND LOCAL TRANSPORTATION OPTIONS

Winston-Salem Transit Authority (WSTA) provides a convenient, cost-efficient and environmentally-friendly way to travel to work, school, shopping, events and other important destinations throughout Winston-Salem. Using WSTA is easy. Plan your trip by using our NextBus real-time software from your smartphone or any mobile device or check out our schedules and maps to plan your commute.

[HTTP://WWW.WSTRANSIT.COM/](http://www.wstransit.com/)

WAKE FOREST SHUTTLES

During the semesters, WFU provides numerous *free* shuttles that operate between campus and various points of Winston Salem. Information on the shuttles, including schedules and routes, visit:

[HTTP://PARKING.WFU.EDU/RIDE-THE-WAKE/](http://parking.wfu.edu/ride-the-wake/), and **[HTTP://WWW.WAKEHEALTH.EDU/VAN/](http://www.wakehealth.edu/van/)**.

BIKE SHARE

Bike Share is a low cost option for transportation in and around the city of Winston-Salem, NC:

[HTTP://BIKE.ZAGSTER.COM/WINSTONSALEM/](http://bike.zagster.com/winstonsalem/).

LOCAL TAXIS

UBER has become the local favorite for cheap and convenient local transportation. If you have a smartphone, this is one of the preferred modes of transportation, although traditional taxi service does still exist as well.

ZIP CAR

Wake Forest offers Zipcars as an alternative solution to buying a car for local trips. The Zipcar system is rental car service on the Reynolda campus that allows you to rent a vehicle for a few hours or the whole day for local transportation. For more information, please visit: **[ZIPCAR.COM/WFU](http://zipcar.com/wfu)**.

AIRPORT SHUTTLE

There are two airport shuttles, one operated through Wake Forest University and another operated by the greater Piedmont Triad transportation service.

BENSON AIRPORT SHUTTLE

WFU offers a convenient airport shuttle that operates primarily to the Greensboro PTI airport, but it can also go to Charlotte or Raleigh for an additional cost. There are discounted rates for the breaks/holidays when large groups of students/scholars are going to and from the airport. Information on the Benson Airport Shuttle can be found here: **[AIRPORTSHUTTLE.BENSON.WFU.EDU/](http://airportshuttle.benson.wfu.edu/)**.

P.A.R.T. SHUTTLE

The greater triad transportation authority offers a very cheap shuttle service to the Greensboro GSO airport. Typically one way to the Greensboro airport using the PART shuttle will cost you no more than \$10.00 (including any taxi service to the downtown Winston Salem bus station). However, it is only recommended to use it if you are traveling with very little luggage and lots of extra travel time as it will require a few shuttle changes. Information on the PART shuttle can be found here: **[WWW.PARTNC.ORG](http://www.partnc.org)**.

TRAVEL BY AIR

Travel by air is one of the easiest options to explore the rest of the U.S. However, it is not always the cheapest option. Greensboro Piedmont Triad International Airport (GSO) is the closest airport, but has limited service to some of the popular locations. Raleigh and Charlotte provide greater range of options and price points, but it does require additional energy, time, and money to get to these airports. Cheap flights can sometimes be found on KAYAK.COM. Alternatively, Southwest Airlines has become a popular airline that provides cheap flights, but does only operate from Charlotte and Raleigh.

TRAVEL BY BUS

Bus service going to locations such as New York, Charleston, and Washington D.C. are operational and come highly recommended. This option is certainly the most time consuming, but will certainly be the most cost effective for the budget conscious student. We recommend using reputable bus companies such as GREYHOUND and PETER PAN. We do NOT recommend buses that offer extremely cheap rates; small companies will try to lure you in with cheap tickets, but often times these companies have less safety features and have high accident rates. RULE OF THUMB: if the price seems too good to be true, it probably is.

TRAVEL BY TRAIN

The train is a great way to see the U.S., enjoy the sights, all while sitting comfortably on a high speed train with wireless access. This option can be time consuming (a train from High Point, N.C. to Washington D.C. takes 9 hours; by comparison, a flight would take 45 minutes plus travel time to the airport), but can sometimes be the most gratifying as you get to see the countryside and local towns along the way. AMTRAK offers train service to various locations across the U.S. The closest station to Wake Forest is located in High Point, NC, the neighboring town to Winston. The prices are often similar to a flight price.

TRAVEL BY CAR

Renting a car from a local car rental company may be a more convenient option for traveling with friends. ENTERPRISE is a nearby car rental company that can provide you with car rentals at various price points. However, many companies do not rent to those driver's that are under the age of 25, or may request an additional security deposit for any driver under the age of 25. It is also strongly recommended to purchase their additional auto liability insurance to ensure you are protected from paying for damages in the event of an accident unless your insurance policy covers rental car damage.

EVENTS & ACTIVITIES

As a student at Wake Forest University you should immerse yourself into campus activities and events. Below are a few events you might be interested in.

ATHLETICS

Wake Forest University is a Division I school that plays primarily in the Atlantic Coast Conference (ACC) for most sports. WFU has historically been known for its American football, basketball, soccer, and field hockey teams. All games are free for full-time enrolled students using the WFU or WakeHealth Student ID, but for sports such as football and basketball, individual tickets may be required. Each school has its own method for distributing tickets, please consult with your program of study for ticket distribution processes. For a sports schedule, visit godeacs.com.

GLOBAL GAZETTE/EVENT EMAILS

You will receive a monthly newsletter from the ISSS division with immigration updates and events/opportunities happening in our office and across campus.

It is strongly encouraged that you stay on top of your emails and be sure to scan all of your emails to ensure you do not miss out on opportunities or important information.

INTERCULTURAL CENTER (IC)

The Intercultural Center strives to enhance the experience of students from underrepresented groups and foster an appreciation of diversity and inclusion. They host a variety of educational, social, and co-curricular events including World Cultural Festival held annually which celebrates cultures from around the globe through music, food, and games. Their cultural competence education initiatives empower students for global leadership and equip students to carry forth the Wake Forest mission of Pro Humanitate.

Location: Benson University Center | Suite 345 & 346 | OMA@WFU.EDU | 336-758-5864

INTERNATIONAL EDUCATION WEEK: NOVEMBER

International Education Week is an opportunity to celebrate international education and exchange worldwide. This joint initiative of the U.S. Department of State and the U.S. Department of Education is celebrated annually at WFU as a week-long event. Events include: cultural performances, guest speakers, trivia night, food trucks, and of course, international food!

MORAVIAN LOVEFEAST: DECEMBER

A Lovefeast is a service dedicated to Christian love that seeks to remove social barriers and encourage unity and respect. It is an opportunity for all ages to come together for fellowship. Each year Wake Forest hosts one of the largest Lovefeast gatherings in the South East of the United States. Although a tradition rooted in the Moravian Church, the Lovefeast is open to those of all faiths and traditions and it is one that we recommend you experience at least once during your time in Winston-Salem.

PHYSICAL FITNESS

The University and community offer a number of facilities to engage in fitness activities:

- ❑ The Fitness department, within CAMPUS RECREATION, offers a wide variety of all-inclusive programming serving all participants from the Wake Forest community. We are proud to offer a brand new selection of interactive cardio machines and state of the art strength training equipment spread throughout five fitness spaces. Our facility attendants and certified instructors are ready to help you achieve your goals through personal fitness assessments, equipment demonstrations, personal training, and countless offerings of new and innovative small group training and group fitness classes. A monthly membership fee will be assessed.
<http://campusrec.wfu.edu/programs/fitness/>
- ❑ The **Wake Forest Baptist Health Fitness Center** provides affordable and convenient access to Medical Center employees. Our two comprehensive fitness facilities strive to provide members with expertise to guide them to a healthier lifestyle through physical fitness. Utilizing the latest in cardiovascular and strength training equipment, our staff will develop a custom exercise program based upon your fitness goals and current health status.
 - **Medical Plaza - Miller Fitness Center** | Lower level of Medical Plaza – Miller | 336-716-8300
 - **Hanes Fitness Center** | E Level of the Hanes Building | 336-716-6953
- ❑ The **Innovation Quarter YMCA** is housed in the heart of downtown Winston-Salem’s leading technology park. Enjoy state-of-the-art wellness facilities and a convenient location, as well as features including: more than 10,000 square feet, YMCA Personal Trainers and trained Wellness Staff, cycle studio, Group Exercise Studio, Men’s and Women’s Locker Rooms, Free Weight area, cardio machines.
<https://ymcanwnc.org/locations/innovation-quarter-ymca>

Contact: d.boyd@ymcanwnc.org | (336) 245-5140 | Monday – Friday: 6:00 am – 7:30 pm
525 Vine Street Suite 155 | Winston-Salem, NC 27101
- ❑ Private gyms are located in and around Winston-Salem and the surrounding community. Internet web searches are extremely helpful - https://www.yelp.com/search?cflt=gyms&find_loc=Winston-Salem%2C+NC.

Be engaged

UNIVERSITY LIBRARIES

➤ Coy C. Carpenter Library

The Coy C. Carpenter Library and the Dorothy Carpenter Medical Archives are named after the first dean of the four-year Medical School and his wife, respectively. The Library and Medical Archives support the research, educational, and clinical missions of the Medical School, the Hospital, and our patients.

Locations: 1st floor, Gray Building | Hawthorne Campus | <http://www.wakehealth.edu/Library/>
Student Resource Center | 3rd Floor, Bowman Gray Center for Medical Education

➤ Z. Smith Reynolds Library

The ZSR Library is not just for books and studying, the librarians like to put on fun events throughout the year, many of which involve food! Their activities range from coffee and doughnut hours to full on final exam midnight study breaks during which they cater in food from Subway, Moe's, Burke Street Pizza and other local restaurants.

Location: ZSR Library | Reynolda Campus | ASKZSR@WFU.EDU | 336-758-4931



get involved

COMMUNITY ACTIVITIES

Winston Salem has a vibrant arts and culture scene, especially in the downtown area. For a comprehensive list of activities in and around Winston-Salem, the surrounding communities, and the state of North Carolina, please visit the following website on the Visitor's Website: <http://visitwinstonsalem.com/what-to-do>.

OLD SALEM HISTORIC DISTRICT

The Old Salem area of Winston Salem provides a unique perspective into the historical origins of Winston Salem and the original settlers (Moravians) in the area. Information on tours and hours can be found at: <http://www.oldsalem.org/>



SALEM LAKE

Located a short drive from the downtown area (and connected via walking trail to Old Salem) is a large lake with a 7 mile trail for walking, jogging, and biking. Fishing and boat rentals are also available, although you will be required to obtain a fishing license before you can fish in any North Carolina water locations.

BOWMAN GRAY RACING STADIUM

If you really want a taste of American culture, you should plan to visit the Bowman Gray Racing Stadium on race night. Car races are held weekly and attract a diverse audience; even if you don't like car racing, you will certainly enjoy the people watching. <https://bowmangrayeracing.com/>



MINOR LEAGUE BASEBALL

One of Winston-Salem's premier events venue, is the Winston-Salem Dash, the Carolina League affiliate of the Chicago White Sox. Winston-Salem's new BB&T Ballpark on Broad Street in downtown Winston-Salem is the new home to the minor league baseball team. The Dash began playing their home games at the new BB&T Ballpark beginning in 2010 after having Ernie Shore Field as their home from 1956 to 2009. <https://www.milb.com/winston-salem>

DOWNTOWN SUMMER MUSIC SERIES

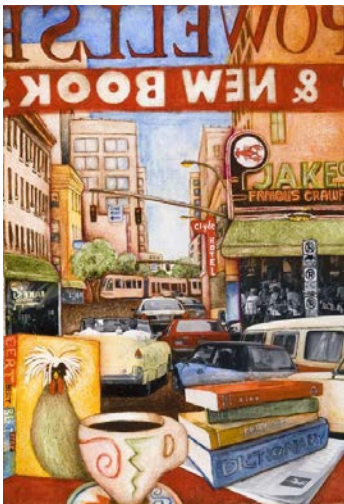
In 1998, the Summer Music Series program was created by the Downtown Winston-Salem Partnership in an effort to support revitalization efforts in Downtown Winston-Salem. In 2016, it will be the 19th season. This effort has been instrumental in the resurgence of our downtown. The popular free concerts bring live music to downtown on Friday and Saturday nights from June through August. They have become a vital part of the fabric of the city, last year bringing people of all ages, cultures and backgrounds together in a spirit of celebration. Setting the concerts in the streets and parks of downtown has provided a relaxed and safe atmosphere, and the locations also serve to showcase the architecture, shops, restaurants and galleries that are unique to Downtown Winston-Salem. Please visit the Downtown Winston-Salem Partnership website for more information on Downtown Winston-Salem.

WWW.DOWNTOWNWS.COM



DOWNTOWN ARTS DISTRICT

Fourth & Trade offers a totally unique retail experience in the heart of downtown Winston-Salem. Grab a glass of wine or craft beer from our bar and sip while you shop our vast variety of art, antiques, accessories, jewelry, original handcrafted products, and home decor... or simply relax in our lounge area as you enjoy great vibes and free wifi. Sign up for a creative class, attend a wine tasting, join our members only wine club, or commission our custom fabrication team to create something truly unique to your needs.



PILOT MOUNTAIN

For centuries Pilot Mountain has served as a landmark for Native Americans, early explorers, and migrating wildlife. This iconic peak is the most recognizable mountain in North Carolina and forms the centerpiece of Pilot Mountain State Park. Rising to an elevation of 2421 feet, this solitary quartzite mountain, part of the ancient Sauratown Mountain range, was dedicated as a National Natural Landmark, and now serves as a beacon to hikers, rock climbers, and nature lovers. A 6.5 mile wooded corridor trail joins the Mountain Section of the park with the Yadkin River Section which includes the north and south side of the river and a dozen small islands. This scenic section of the Yadkin provides hiking trails, fishing, and includes a canal wall built in 1825 that was designed to deliver boat traffic above the rocky shoals that form islands in this portion of the river.



CAMPUS SONGS

ALMA MATTER: DEAR OLD WAKE FOREST

Dear old Wake Forest, Thine is a noble name; Thine is
a glorious fame, Constant and true.

We give thee of our praise, Adore thine ancient days, Sing thee
our humble lays, Mother, so dear.

Dear old Wake Forest, Mystic thy name to cheer; Be
thou our guardian near fore'er and aye.

We bow before thy shrine, Thy brow with bays entwine, All
honor now be thine, Mother, today.

[George Paschal '82]

WAKE FOREST FIGHT SONG: OHERE'S TO WAKE FOREST

O here's to Wake Forest A
glass of the finest

Red ruddy, Rhenish filled up to the brim.

Her sons they are many
Unrivaled by any

With hearts o'erflowing, we will sing a hymn.

(Chorus)

Rah! Rah! Wake Forest Rah! Old
Alma Mater's sons are we.

We'll herald the story And
die for her glory,

Old Gold and Black is ever waving high.

[Anonymous]

CAMPUS & CITY SAFETY

Overall, the campuses of Wake Forest University and most places in Winston-Salem are relatively safe. That being said, it is good practice to always be vigilant and aware of your surroundings.

BLUE LIGHT SYSTEM

Strategically placed around the various campuses of WFU are call boxes with bright blue lights at the top. The call boxes are directly connected to the WFU police and campus security on the Reynolda campus; Safety and Security office on the Hawthorne Medical Center campus; and building Security (Sun State Security) in the Innovation Quarter downtown. Security officers will call the Winston-Salem Police Department if the situation warrants it. Should you ever feel unsafe while on campus or are in need of assistance, simply proceed to one of these boxes and emergency personnel will immediately be dispatched to your location.

PARKWAYS AND CITY STREETS

Many graduate and professional students live near the Reynolda campus, the Hawthorne Campus, or in downtown Winston-Salem. Please take extreme caution when walking or biking on city roads. Average speed limits for these roads are 35 to 45 mph but oftentimes cars are going much faster. Students should take great care when crossing roads, especially in areas without designated cross walks or stop lights to slow traffic.

THEFT & SECURITY

As a general note, please be sure to secure all of your belongings, in particular bicycles and computers. An astounding number of students will leave their bikes and computers unsecured and unattended and will find these items have been taken upon their return. Please be sure to invest in a bike and computer lock to ensure these items are not stolen. It is always important to back-up your data on your computer in the event something happens to your computer.

CHECK YOUR EMAIL OFTEN & SET UP VOICEMAIL

Wake Forest Baptist Medical Center utilizes the MIR3TM software program, which delivers time-sensitive emergency notifications (descriptive information about urgent events or emergencies) via telephone, voicemail, text and email to faculty, staff and students within minutes of an emergency affecting the Wake Forest University community.

MIR3 uses the phone numbers and email addresses in PeopleSoft-Human Resources and Student Center software to send notifications. In the event of an emergency affecting the WFBMC community, you will automatically receive an emergency communication. It is important that you keep your personal contact information in PeopleSoft up to date.

ADDENDUMS

- ◆ Campus Shuttle Schedule
- ◆ Badge Office Directions
- ◆ Maps
- ◆ Student Health Insurance Overview

VAN SERVICES Routes and Departure Times

Monday – Friday (except holidays)

Our vans are handicapped accessible and equipped with wheelchair lifts.
Please call Dispatch for assistance at **336-716-RIDE (7433)**.

Towers/Plaza Route

Towers (Main Entrance)	Administration Services	Medical Plaza - Miller	Piedmont Plaza I	Cancer Center
7:40 am	7:43 am	7:45 am	7:50 am	7:53 am
8:00	8:03	8:05	8:10	8:13
8:20	8:23	8:25	8:30	8:33
8:40	8:43	8:45	8:50	8:53
9:00	9:03	9:05	9:10	9:13
9:20	9:23	9:25	9:30	9:33
9:40	9:43	9:45	9:50	9:53
10:00	10:03	10:05	10:10	10:13
10:20	10:23	10:25	10:30	10:33
10:40	10:43	10:45	10:50	10:53
11:00	11:03	11:05	11:10	11:13
11:20	11:23	11:25	11:30	11:33
11:40	11:43	11:45	11:50	11:53
12:00 pm	12:03 pm	12:05 pm	12:10 pm	12:13 pm
12:20	12:23	12:25	12:30	12:33
12:40	12:43	12:45	12:50	12:53
1:00	1:03	1:05	1:10	1:13
1:20	1:23	1:25	1:30	1:33
1:40	1:43	1:45	1:50	1:53
2:00	2:03	2:05	2:10	2:13
2:20	2:23	2:25	2:30	2:33
2:40	2:43	2:45	2:50	2:53
3:00	3:03	3:05	3:10	3:13
3:20	3:23	3:25	3:30	3:33
3:40	3:43	3:45	3:50	3:53
4:00	4:03	4:05	4:10	4:13
4:20	4:23	4:25	4:30	4:33
4:40	4:43	4:45	4:50	4:53
5:00	5:03	5:05	5:10	5:13
5:20	5:23	5:25	5:30	5:33

SECU Family House Route

Cancer Center	Towers (Main Entrance)	Family House
7:44 am	7:47 am	8:00 am
8:44	8:47	9:00
9:44	9:47	10:00
10:44	10:47	11:00
11:44	11:47	12:00 pm
12:44 pm	12:47 pm	1:00
1:44	1:47	2:00
2:44	2:47	3:00
3:44	3:47	4:00
4:44	4:47	5:00

Outer Route (Patients Only)

Call 336-716-7433 to request a patient pick-up.

Additional facilities serviced by Dispatch, 7:45 am – 5:30 pm.

Ronald McDonald House, MRI, Cancer Center, Medical Plaza – Miller, Sticht Center, Highland Plaza, Piedmont Dialysis, Miller Dialysis

Service for patients in wheelchairs between 7:45 am and Noon, and 12:30 pm and 4:15 pm.

Wake Forest University Reynolda Campus Connection

See WFU website for shuttle service between Innovation Quarter and Reynolda Campus or call 336-758-5344 for information.

336-716-RIDE (7433)

WSTA Station Route

Towers (Main Entrance)	WSTA (Clark Campbell Center, 5th St.)
4:35 pm	4:40 pm

Hawthorne Inn Route

Towers (Main Entrance)	Cancer Center	Hawthorne Inn	Cancer Center
		7:40 am	7:44 am
8:34 am	8:36 am	8:40	8:44
9:34	9:36	9:40	9:44
10:34	10:36	10:40	10:44
11:34	11:36	11:40	11:44
12:34 pm	12:36 pm	12:40 pm	12:44 pm
1:34	1:36	1:40	1:44
2:34	2:36	2:40	2:44
3:34	3:36	3:40	3:44
4:34	4:36	4:40	4:44

Innovation Quarter Route

Eden Terrace (Hanes Bldg.)	Dean Building (First St. & Salem Ave.)	BTP/525@Vine/ BGCME (Vine St.)
7:16 am	7:21 am	7:36 am
7:36	7:41	7:46
7:56	8:01	8:06
8:16	8:21	8:36
8:36	8:41	8:46
8:56	9:01	9:06
9:16	9:21	9:36
9:36	9:41	9:46
9:56	10:01	10:06
10:16	10:21	10:36
10:36	10:41	10:46
10:56	11:01	11:06
11:16	11:21	11:36
11:36	11:41	11:46
11:56	12:01 pm	12:06 pm
12:16 pm	12:21	12:36
12:36	12:41	12:46
12:56	1:01	1:06
1:16	1:21	1:36
1:36	1:41	1:46
1:56	2:01	2:06
2:16	2:21	2:36
2:36	2:41	2:46
2:56	3:01	3:06
3:16	3:21	3:36
3:36	3:41	3:46
3:56	4:01	4:06
4:16	4:21	4:36
4:36	4:41	4:46
4:56	5:01	5:06
5:16	5:21	5:36



Security, Employee Identification (Badge) Offices Relocating in June

The Medical Center Security Services and Employee Identification offices are relocating to the Main Floor of the Ambulatory Services Building (under the old ED) the week of June 19-23.

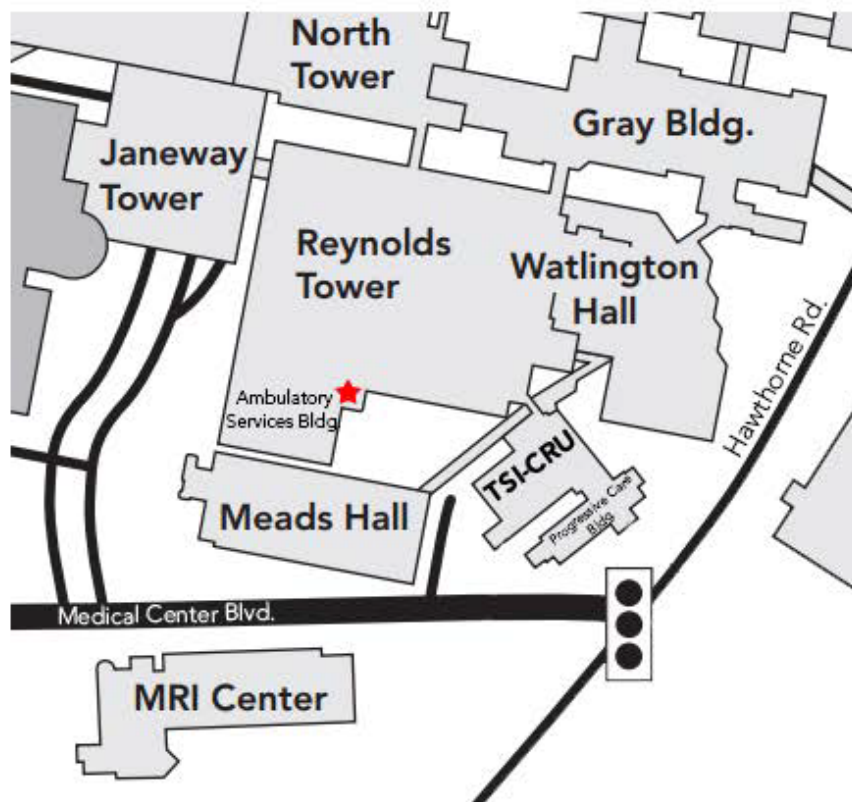
The current Badge Office will remain open the week of June 19-23 during the move to the Ambulatory Services Building, which is located between Meads Hall and Reynolds Tower (see maps below).

Directions to the new location:

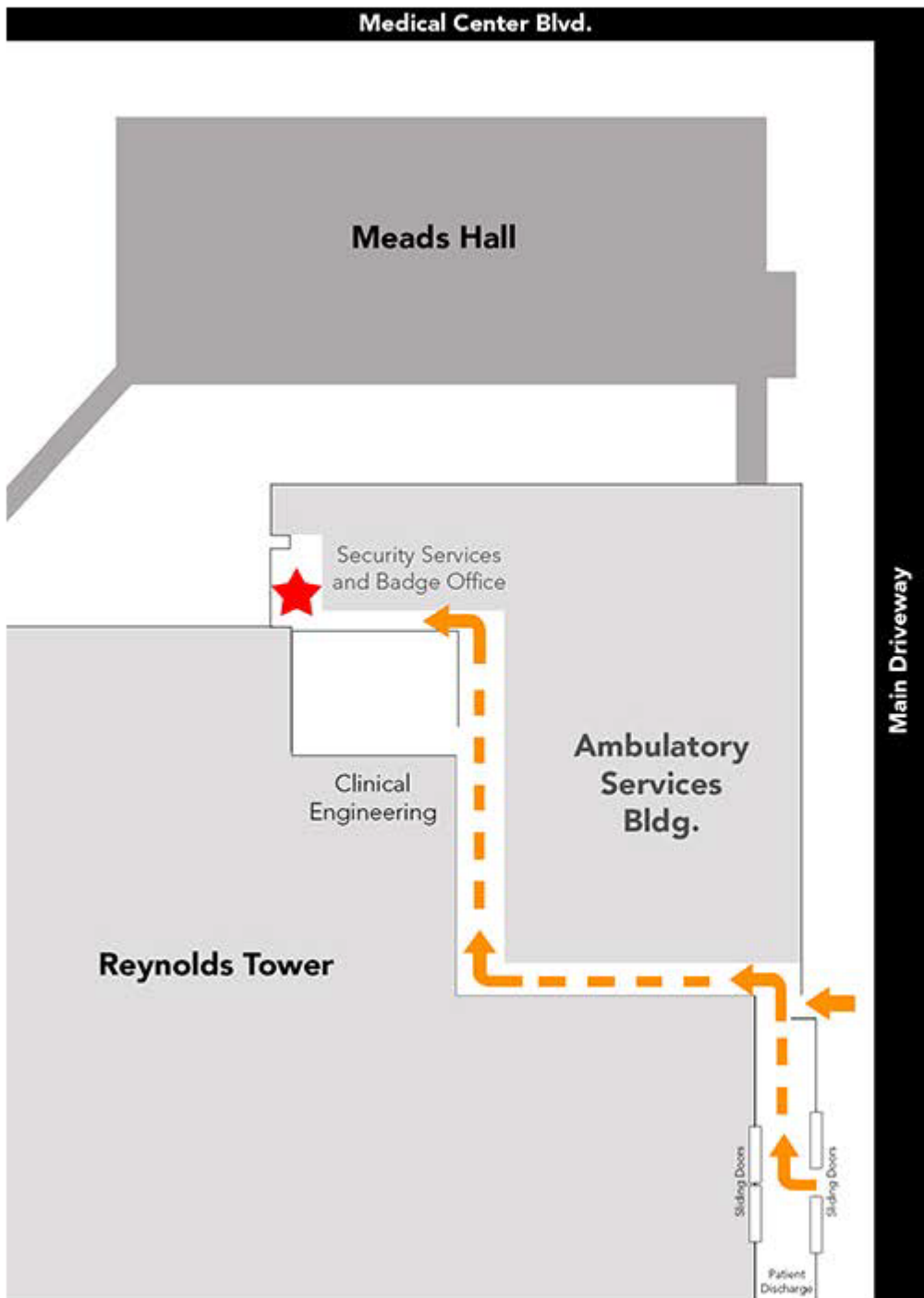
- Enter Reynolds Tower from the main driveway area
- Turn sharp right after the door
- Follow the hallway past Bed Storage and Clinical Engineering to the Security and Badge offices.

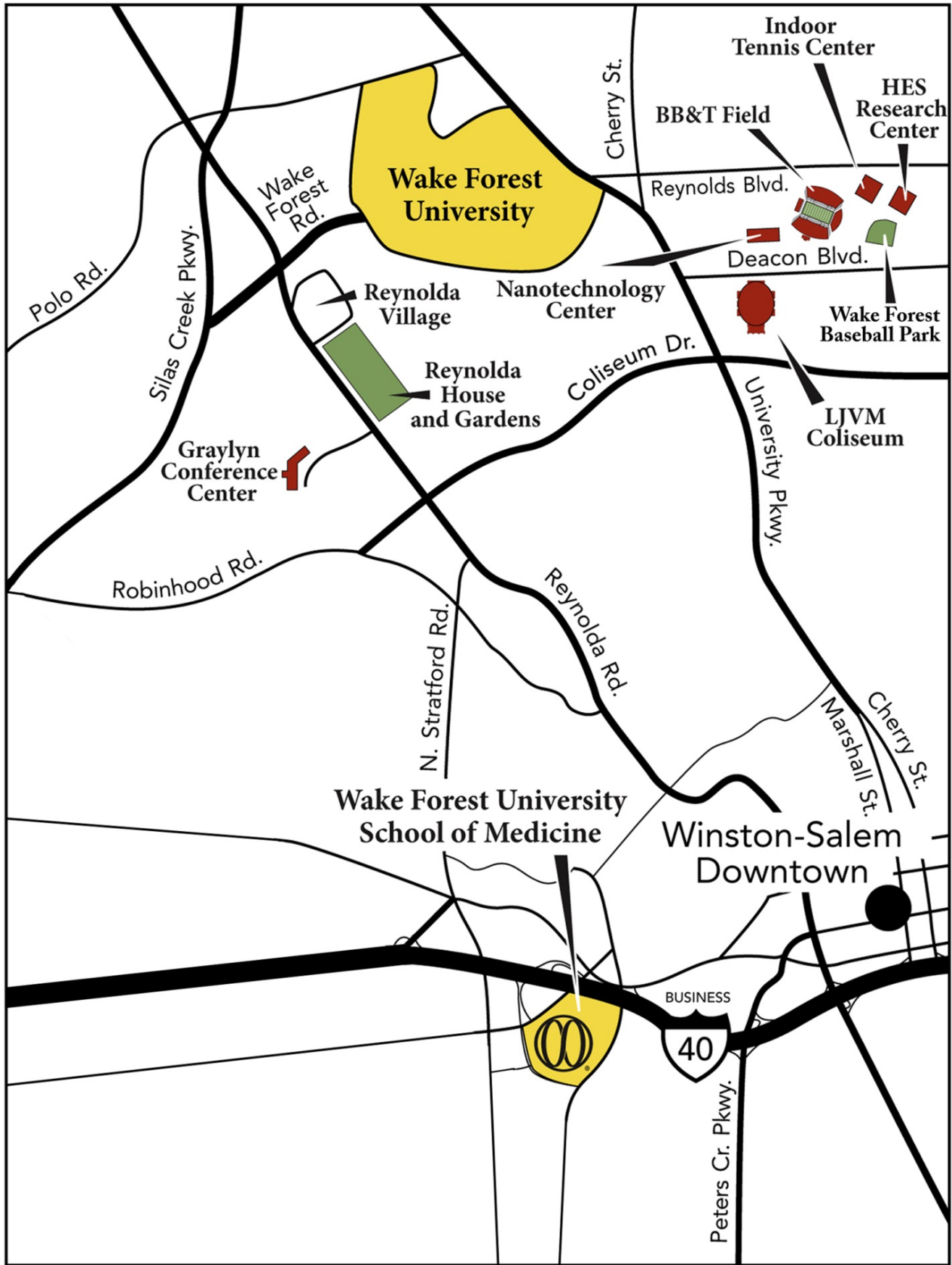
For more information, visit the Security Services Intranet [site](#). Anyone needing a new badge or to replace an old one should go to the [Employee Identification Office](#). For more information, check the [Badge Office Hours](#) or call 336-716-0069.

Bird's-eye View of General Location



Badge Office - Walking Map

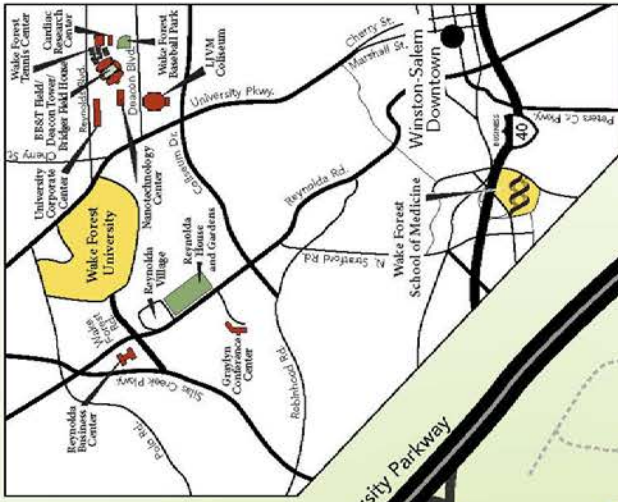






REYNOLDA CAMPUS MAP

Area Map



- 1. Wait Chapel/Wingate Hall
- 2. Efrid Residence Hall
- 3. Taylor Residence Hall
- 4. Bookstores, Campus Grounds
- 5. Reynolds Hall
- 6. Benson University Center
- 7. Pugh Auditorium, Food Court, Shory's Post Office
- 8. Olin Physical Laboratory
- 9. Salem Hall
- 10. Winston Hall
- 11. Loner Residence Hall
- 12. Babcock Residence Hall
- 13. Tribble Hall
- 14. Johnson Residence Hall
- 15. Boswick Residence Hall
- 16. Collins Residence Hall
- 17. Facilities Management
- 18. Cariswell Hall
- 19. Manchester Athletic Center
- 20. Calloway Center
- 21. Reynolds Gymnasium
- 22. Student Health Service
- 23. Deacon Shop
- 24. Huffman Residence Hall
- 25. ROTC Building
- 26. Alumni Hall
- 27. Residential Community
- 28. WFEDD Radio Station
- 29. Museum of Anthropology
- 30. Piccolo Residence Hall
- 31. Palmer Residence Hall
- 32. North Campus Apartments
- 33. Student Apartments
- 34. Scales Fine Arts Center
- 35. Mainstage Theatre
- 36. Hanes Art Gallery
- 37. Kenner Stadium
- 38. Leighton Tennis Stadium
- 39. Dianne Dailey Golf Learning Center
- 40. Haddock Golf Center



- 41. Martin Residence Hall
- 42. Spivy Soccer Stadium
- 43. Pyle Residence Hall
- 44. Chiller Plants
- 45. Greene Hall
- 46. Tennis Courts
- 47. Polo Road Gate
- 48. University Parkway Gatehouse
- 49. Reynolds Road Gatehouse
- 50. Miller Center
- 51. Porter B. Byrum
- 52. Welcome Center
- 53. South Residence Hall
- 54. Dance Studio
- 55. The Barn
- 56. Farrell Hall
- 57. Dogwood Residence Hall
- 58. Magnolia Residence Hall
- 59. North Campus Dining

To Reynolds Rd, Silas Creek Pkwy, and I-40 Business/Bypass
 To Graylyn, Reynolds Village, Reynolds Gardens, and Reynolds House

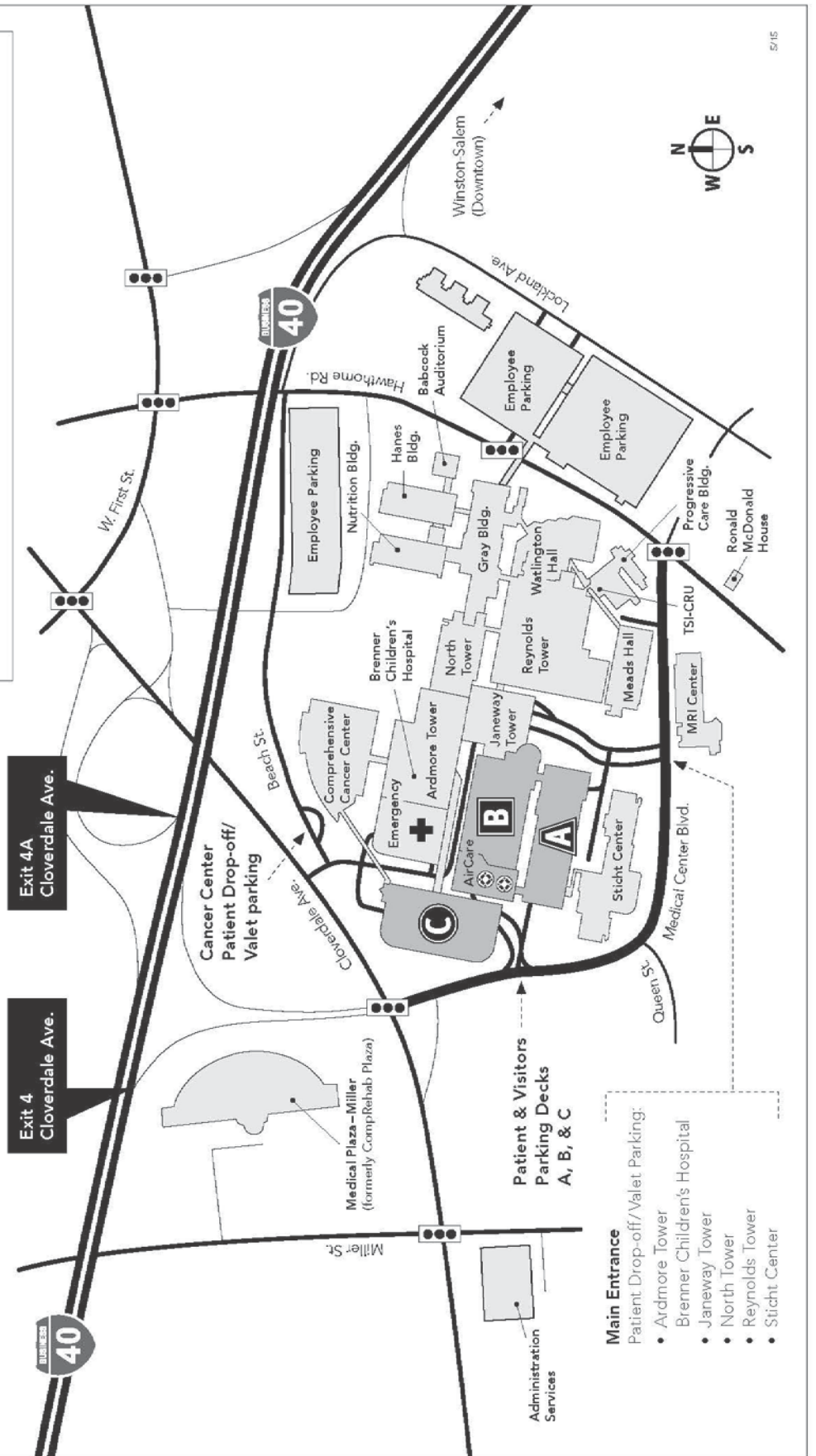
Visitor Parking

Piedmont Plaza I and II are located 1 mile north of the Medical Center campus at the corner of Miller Street and West First Street.



From Statesville From Business 40 East, take Exit 4, Cloverdale Avenue. Go straight at light onto Medical Center Boulevard. Turn left into Patient & Visitor Parking Deck. For valet parking, go up hill and around curve to Main Entrance. Turn left. Go under building and straight ahead.

From Greensboro From Business 40 West, take Exit 4A, Cloverdale Avenue. Turn right onto Cloverdale Avenue. At traffic light, turn left onto Medical Center Boulevard. Turn left again into Patient & Visitor Parking Deck. For valet parking, go up hill and around curve to Main Entrance. Turn left. Go under building and straight ahead.



Exit 4A
Cloverdale Ave.

Exit 4
Cloverdale Ave.

- Main Entrance**
Patient Drop-off/Valet Parking:
- Ardmore Tower
 - Brenner Children's Hospital
 - Janeway Tower
 - North Tower
 - Reynolds Tower
 - Sticht Center

Patient & Visitors
Parking Decks
A, B, & C

welcome to the forest