



NORTHWEST CHRISTIAN UNIVERSITY
INTERNATIONAL STUDENT WELCOME GUIDE
2014-2015

Eugene, Oregon

General Information

The city of Eugene has a population of just over 150,000 with the surrounding area adding an additional 60,000. This allows the city great options for activity, culture, food, entertainment, art and shopping.

Climate

There are four distinct seasons in Eugene. Fall and spring are similar and are typically very moderate. Winters are typically very rainy (usually beginning in October and lasting through February), and can get cold. Summers are often very hot, and temperatures can reach into the upper ninety degrees.

	Average High	Average Low
January	47°F/8°C	34°F/1°C
April	61°F/16°C	40°F/4°C
July	82°F/28°C	51°F/11°C
October	64°F/18°C	41°F/5°C

It is wise when packing to pack for all four seasons, and plan for layering options with light jackets. A winter coat is advised because it will be utilized often during the winter months November-February. Casual clothing is quite typical among the student population, and summer clothing (shorts, t-shirts, tank tops, sandals) is all appropriate and common.

Shopping

There are several options for obtaining personal necessities that you will require while living at NCU. Wal-Mart and Target are large retail/grocery stores, and are both easily accessible by public transit. Safeway, Albertsons, and Trader Joe's are popular grocery store options that are also on the bus lines. There are many local options giving you plenty of choice when looking for anything that you might need.

Transportation

Some students on campus do have personal vehicles; however, it is not recommended for international students. Parking is limited on campus (and a parking permit is required to park on campus). A parking permit is \$200.00 for the year and can be purchased through the Business Office on campus. If you do choose to purchase or rent a vehicle, it is important to note that it is illegal to pump gas into your car in Oregon. There are people who work at each gas station that will put the gas in for you.

If a car purchase is not of interest to you, there is an extensive public transportation system; it is called Lane Transit District (LTD). The main station is a few miles from the NCU campus, but there are many bus stops within short walking distance. Please see www.ltd.org for a full listing of stops, routes and fares. Many students opt for bicycles as the primary means of commuting in Eugene. Many of the main roads are equipped with bike lanes and there is a comprehensive bike/walking path system in Eugene. There are downloadable versions of the bike path maps for both Eugene and Springfield located here: <http://www.eugene-or.gov/index.aspx?NID=489> .

There are numerous bike shops in Eugene, and many of them are easily accessible via public transit. Having a bike during your time on NCU's on campus allows you to easily make your way around the city. Eugene's growing bicycle network includes: 42 miles of shared-use paths, 81 miles of on-street bicycle lanes, 35 miles of signed bikeways, and 5 bicycle/pedestrian bridges spanning the Willamette River

Electrical Outlets and Conversion

Electrical outlets in the US are 110 to 120 volts and utilize the Type A North American adapter. Please review the following two resources for detailed information about how to be best prepared for what to expect with electricity in the U.S. including photos of the adapters.

<http://traveltips.usatoday.com/use-adapter-converter-foreign-travel-1523.html>

<http://electricaloutlet.org/type-a>

Banking Information

There are several banks within walking distance of the University. During your new student orientation, you will be given the opportunity to set up an account at the bank nearest to campus (about a 2 minute walk). There are many ATMs throughout the city and debit/credit cards are very common for making purchases, but be aware that some local business do not accept cards, or require a minimum purchase for use.

General Budgeting

It is difficult to determine an exact budget for students, because of different lifestyles and spending habits. Below are examples of the current cost of popular items:

City Bus Pass:

- 1 ride= \$1.75
- 1 All-Day Pass= \$3.50
- 1 Unlimited Monthly Pass= \$48.00

Starbucks Tall Americano=\$2.00

McDonald's Big Mac Hamburger= \$3.50

Movie Theater (just the movie) = \$7.00 (student rate)

Bottled Water= \$1.50

Restaurant= \$10.00-\$20.00 (typical price for a meal and beverage, but can be more)

Laundry= included in the cost of housing, but students are responsible for purchasing cleaning products (soap, fabric softener, bleach, etc).

NCU Specifics

Housing

You will reside in Burke-Griffeth Hall, a traditional dormitory, with separate floors for men and women. A Resident Assistant (RA), returning student leader, is always available when a student is seeking advice. RAs live on each floor with residents and assist with residential student needs including programming, maintenance needs, and policy enforcement. A Resident Director (RD) lives in each of our buildings as live-on administrators, and provides NCU with 24/7 staffing presence. This professional staff member provides residential students the support that they need to navigate their college living-learning environment and also ensures in the safety of our on-campus students.

Resident Assistants lead programs for their residents that focus on social, spiritual, and relational wellness. Hall program examples include movie or spa night, Bible studies, dinner and discussions, craft projects, Residence Hall Music Videos, or community service projects. During the first week of fall semester, Residence Life along with Student Programs and Campus Ministries host Week of Welcome (WOW) to help first year and transfer students in their transition to academic and student life at NCU.

In addition to traditional programs, students can become a member of a Community Life Group to come together and experience a life-changing community of faith. Life Groups give you the opportunity to know and be known, love and be loved, serve and be served, celebrate and be celebrated in one body that is directed toward growing in Christ in order to glorify Him in our daily lives.

Students enjoy regular outings and activities with residents from other floors and buildings through social activities both on and off campus. For more information on campus events, please see the [Campus Calendar](#).

Campus Dining

Weekdays

Continental Breakfast: 7:00-9:30am / Hot Breakfast 7:30-9:30am

Lunch Wednesday & Friday: 12:00pm (after chapel)

Lunch Cold Bar: 11am-1:30pm

Lunch Hot Buffet/Short Order: 11:30am-1:30pm

Weekends

Continental Breakfast: 7:30am-2:00pm

Brunch (Includes: cold bar, continental items, short order & buffet) 10:00am-2:00pm

Dinner: 5:00-6:00pm

Example breakfast foods: cold or hot cereal, muffins, bagels, bread, fruit, yogurt, juice, waffles, pancakes, eggs or bacon

Example Lunch & Dinner foods: sandwiches, pasta dishes, rice dishes, salad, fruit, meat, potatoes

Wi-Fi/Internet Access/Phone

Each student room and apartment is equipped with two wired ethernet ports for high-speed access to the campus network. Each room and apartment is also equipped with one phone jack that provides local calling access.

Wireless services are located on the first floor of Burke-Griffeth, in lounges, and other areas around campus. If you are having trouble connecting to the NCU internet, please contact the Help Desk (541-684-7272) or helpdesk@nwcu.edu .

Health Insurance

It is a requirement for all students to have health insurance. If you do not have insurance that will be valid in the USA, you will need to purchase health insurance through NCU or a company that is valid in the Eugene area. More detailed information regarding NCU's insurance policy will be provided upon arrival if you need to purchase it.

Pharmacy/Prescriptions

Please visit your doctor for a health check-up prior to leaving home. It is recommended that you are prepared with a large enough supply of any prescriptions to ensure no break in care when you first arrive.

There are many pharmacy options available to students, the two closest are Hiron on Franklin Boulevard (10 minute walk) and Safeway on 18th Ave (2 miles from campus).

Registering for Classes and buying textbooks:

Once you arrive on campus, you will register for the courses you will take during your first semester at NCU if you haven't already done so. You will meet with an Academic Advisor who will assist in the selection of your courses and answer any questions you have about the academic process here.

After you have registered, textbooks are available for purchase. Book will be available at the nearby University of Oregon's Bookstore (2 minute walk). NCU partners with the University of Oregon to allow them to sell textbooks for our courses. You can also order books online or rent a book for a specific timeframe if that is preferred. There is also a local used bookstore which often has a textbook you will need at a much cheaper cost called Smith Family Bookstore (located on 13th street just two blocks from campus).