



**NORTHWEST CHRISTIAN UNIVERSITY**  
**INTERNATIONAL STUDENT WELCOME GUIDE**  
2017-2018

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# NCU Specifics

## Welcome to NCU

Northwest Christian University is located in Eugene, Oregon and has been a part of this thriving college town since 1895. Being located in a midsize US city provides NCU students with the benefits of small class sizes, with the amenities of a larger city. People are friendly, like to wave hello and might even talk to you if you are waiting on the street corner. NCU faculty and staff are committed to helping develop purposeful graduates. All students graduate with over 100 hours of internship experience in their intended field, with plenty of opportunities to learn professional networking and interview skills. Inside the classroom the work is challenging and professors are supportive.

## Housing

NCU is a residential campus. Students live on-campus through the age of 21. NCU offers a traditional dormitory in Burke-Griffeth Hall, with separate floors for men and women. Dorm rooms are double occupancy (two student roommates). Bathrooms are not in each individual dorm, they are located in each dorm hall. Bathrooms include sinks, toilets, showers and laundry. Students do not need to pay any additional money to do laundry. Students living in the dorms have a full meal plan. On-campus apartments are available for students in double occupancy and single occupancy format. Apartments have their own bathroom and kitchen. Students living in the apartments have 5 meals a week in the on-campus dining. Learn more details at <http://www.nwcu.edu/studentlife/residence/> .

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](#).

### **Chapel**

Chapel occurs Tuesday & Thursday. Chapel is service that students, faculty and staff all attend. It consists of a worship experience often led by our student worship teams in a musical form and also a speaker. A variety of speakers from the NCU community, local churches and organizations bring a wide range of topics and experiences to enrich the spiritual growth and formation of students.

### **Campus Dining**

#### **Weekdays**

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

Lunch Tuesday & Thursday: 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

### **Mental Health Support**

All NCU students have access to free mental health counseling, through NCU's graduate school of clinical and mental health. NCU has counselors and staff members around to help support you.

### **Academic Expectations & Support**

NCU is committed to developing purposeful graduates. Students are expected to maintain academic integrity in all regards of their education. NCU faculty are here to develop students in the classroom through instruction, and they are also available for questions/assistance after class hours. Many classes are discussion-based and require students to actively engage in their education. NCU desires students to engage their education. It is seen as a sign of strength when a student asks for clarification and chooses to seek assistance when they need help in a class.

NCU provides tools such as faculty office hours, peer tutors, online tutoring, and academic counsel to help students be successful. It is important each student takes ownership of their education and uses the available resources. Academic integrity is an essential component to success in the classroom. Professors will instruct you on how to properly cite sources, and develop your academic skills. Two common formats are MLA and APA for academic papers. Each class may require a different type so please be aware of what the professor expects.

### **Wi-Fi/Internet Access/Phone/Computers**

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](mailto:helpdesk@nwcu.edu) .

Many students bring their own laptops, ipads, tablets and smartphones. These are allowed throughout campus, including the classroom if your professor allows it. There is wireless throughout campus. If you need a computer then we have a computer labs with desktop computers in two campus locations (the library and L204 Computer Lab classroom) for student use. There is a printer located in our

library if you need to print out assignments and don't plan on buying a printer here. You will start out with \$12.50 on your student ID card for printing at the beginning of the year. It costs \$0.05 (5 cents) per side of printing. If you need to add more money because this is your only source of printing, you can speak to someone at the Library Circulation Desk for assistance.

### **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 online. NCU has a virtual bookstore, but you can also locate the list of required books and purchase them elsewhere. You can even rent a book for a specific timeframe if that is preferred. You are also welcome to compare prices on Amazon and purchase them there. 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 13<sup>th</sup> street just two blocks from campus).

## **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. Eugene is known as Track Town USA and will host the Olympic trials for the third time in summer 2016. Eugene sits in the beautiful Willamette Valley and is about 50 miles (89km) east of the Oregon Coast.

There are some great websites to help you explore the city of Eugene as well as the entire state of Oregon. Check out <http://traveloregon.com/> , <http://www.eugene-cascades-coast.org/> , and <https://www.eugene-or.gov/> to learn about all that there is to do locally and in the state of Oregon. If you want to try out some of the food trucks or street vendors, check out <http://streetfoodapp.com/eugene> .

## **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. The three main shopping centers in Lane County are Valley River Mall, Oakway Mall and Gateway Mall. The price listed, is the price listed. There isn't much bargaining that goes on in the USA.

If you go to shopping at a department store (like JC Penny's or Macy's), they may ask you if you want to open a credit card account. They are NOT asking whether you want to use a credit card. Department stores offer customers credit cards in order to have them spend more money. You should politely decline the offer. Declining the offer is not rude.

## **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 \$230.00 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](http://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

## **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:

LTD City Bus Pass:

- 1 ride= \$1.75
- 1 All-Day Pass= \$3.50
- 1 Unlimited Monthly Pass= \$50.00
- 10-Ride Ticket Book (no expiration)= \$16

EmX Bus system tickets: <https://www.ltd.org/emx-ticket-machines/>

Starbucks Tall Americano=\$2.00

Starbucks Grande Frappuccino=\$4.75

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).

## **Dining Out**

You will find various types of restaurants within walking distance- fastfood, sit-down restaurants, cafes and coffee shops. Popular shops around campus are: Sweet Basil Express Thai food, Sy's Pizza, Caspian's Mediterranean food, Spring House Chinese food, and Qdoba Mexican Grill.

## **Tippling (“Gratuity”) at restaurants in the US**

While tipping is not mandatory in most of the US, it is customary to tip in many circumstances for service, especially at sit-down restaurants where you are served by someone. Many servers depend on tips as an essential part of their wage.

Generally, a tip may vary between 15%-20%, or it can be a flat amount that is near the appropriate percent or automatically charged if you are with a large group. It really depends on the restaurant. You may reference the “AARP Guide to Tipping” or the “U.S. News & World Report Tipping Guide” for more information.

## **Smoking Rules/Dry Campus**

Smoking is prohibited inside buildings in the state of Oregon. Both NCU and the UO (which is located across the street) are non-smoking campuses. NCU is a dry campus, this means alcohol and tobacco products are prohibited on-campus. The age to legally consume alcohol in the United States is 21, however even if you are of that age alcohol is still not allowed on campus.

## **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 a company that is valid in the Eugene area. There is an Emergency Room and an Urgent Care just a block away from campus, but to use these you will need to have valid insurance.

## **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 Hirons on Franklin Boulevard (10 minute walk) and Safeway on 18<sup>th</sup> Ave (2 miles from campus).

# International Travel

## Preparing to leave your country

- Book your flight to the United States: Students can arrive in the US up to 30 days prior to the start date of their academic program. *Check with your NCU counselor to see when you should arrive.*
- Making sure you have all your travel documents. If you scan all your documents and email them to yourself and a parent, you will have copies in case yours are lost.
- If you have credit cards you will be using here, make sure the companies are aware you will be traveling so the cards don't get shut down.
- Notify your banks of your travel
- Attend a Pre-Departure Orientation in your area with Education USA if you want more information: <https://educationusa.state.gov/find-advising-center>
- Check out US Customs & Border Protection Information: <http://www.cbp.gov/travel/international-visitors/know-before-you-go>
- Check out student-specific information: <https://travel.state.gov/content/visas/en/study-exchange.html>
- Bringing Food into the US: [https://help.cbp.gov/app/answers/detail/a\\_id/82/noIntercept/1/session/L3RpbWUvMTM4OTgxMTU5MC9zaWQvdV94eW9zS2w%3D](https://help.cbp.gov/app/answers/detail/a_id/82/noIntercept/1/session/L3RpbWUvMTM4OTgxMTU5MC9zaWQvdV94eW9zS2w%3D)
- Make sure you have any medications filled that you will need. Here's how to travel with medications: [https://help.cbp.gov/app/answers/detail/a\\_id/67/session/L3RpbWUvMTM5MzUxOTMyNy9zaWQvTURPVUgtTmw%3D/search/1](https://help.cbp.gov/app/answers/detail/a_id/67/session/L3RpbWUvMTM5MzUxOTMyNy9zaWQvTURPVUgtTmw%3D/search/1)

## Entering the US

Remember, keep these travel documents on your person (or in your carry-on) during the flight. Do NOT put these items in your checked luggage.

- Your NCU Acceptance Letter
- Proof of identity and citizenship (your passport, driver's license, etc.)
- Your I-20 (Certificate of Eligibility)
- Proof that you have paid your SEVIS fee

- Proof that you have the funds to pay for the school that you plan to attend (Use the original documents that you send me copies of for the I-20. The letter from your bank, any other financial statements you can print off for extra proof, and your NCU award)
- Proof of your ties to your home country (mail with home address, copy of birth certificate, etc)

It is important that you pay close attention to the types of food or “snacks” you bring with you, that you keep your immigration documents with you and not in your checked luggage, and that you keep emergency contact information with you.

### **Flying through PDX (Portland International Airport)**

PDX is the closest international airport to Eugene where NCU is located. There are connecting flights that will bring you from Portland directly to Eugene. The Eugene Airport is around a 20minute drive from NCU, there are taxi services available. There are also bus shuttles from Portland Airport to Eugene, locations fairly close to campus. (<http://www.city2cityshuttle.com/> or <https://www.boltbus.com/> or <http://www.hutshuttle.com/> ). It is around a 2 hour drive from Portland to Eugene.

If you have any cause for concern or need assistance, the Portland International Airport has Kassia Galick listed as the Primary School Emergency Contact. Please speak with a Customs & Border Protection Officer and they can get in contact with Kassia after business hours. If you miss a connecting flight and may arrive late, feel free to contact Kassia by email or phone: [kgalick@nwcu.edu](mailto:kgalick@nwcu.edu) / 1-541-684-7334.

### **Arriving in the US**

After arriving in the US and making it to NCU, you will need to check-in with the PDSO, Aaron Pruitt. He will register you with SEVIS so you stay in status while you are a student here.