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WHAT IS THE GSA:
The WFU GSA would like to be one of the first to welcome you to Winston-Salem! The next few years of your life here will be exciting and memorable. You will learn a lot about your desired subject of study and more importantly you will learn about yourself. You will be challenged daily and the GSA would like to try and eliminate some of this strain.

We would like to preface this guide with the fact that the provided phone numbers, websites, email address, etc. are presented to the best of our knowledge, and for any official documents, please refer to their direct source. If you find any mistakes, please email gsa@wfu.edu with any pertinent information so we might correct the problem areas.

GSA EVENTS:
➢ Graduate Student Research Day
   Every spring the GSA also volunteers to assist the Graduate School with preparation and planning for the annual Graduate Student Research Day which allows students of all disciplines to present their research to fellow Graduate Students.

➢ GSA Happy Hours and Social Events
   Several times a year the GSA hosts a Happy Hour at one of the local night spots Other social events will be sponsored by the GSA throughout the year, which will be emailed out on a monthly basis.

Thanks and hope to see you at the next GSA event!
GETTING SETTLED WINSTON-SALEM

FINDING HOUSING:
If you are not familiar with the city, an important fact to know is that it is a rather small town with little traffic. No matter where you live you will have a relatively short commute.

There are plenty of apartment and condominium complexes in Winston-Salem, but most of them are fairly expensive ($600 and up). A few areas to look for complexes: on Country Club, Polo Road area (for Reynolda campus students), or on Jonestown Rd. (though it may be a bit of a drive). Some offer pools, gates, and work-out facilities, which are nice, but will cost. Check out the apartment guide or the local newspaper for listings.

The Apartment Guide: http://www.apartments.com
Winston-Salem Journal: http://www2.journalnow.com

Looking in the West End and Ardmore Historic Districts for an apartment or house is a good idea. (a.k.a. “preferred choice of GSA members”) If you are willing to share a home with a roommate then you would have no problem finding a place to split for about $400-$450 a person. The roommate finder at the link below will put you in touch with graduate, medical, residents, and PA students looking for roommates. If you are living by yourself, $600 will definitely find you somewhere decent (perhaps less if you hunt).

An awesome resource for students on both campuses is the Medical School’s Student Services Office housing website at: http://www.wakehealth.edu/school/community/available-housing.htm.

Or visit the Graduate School’s housing resource page at:
http://graduate.wfu.edu/admissions/housing.html

The Reynolda Campus also supplies a list of available housing and potential roommates. Contact the WFU Reynolda Campuses Office of Residential Life and Housing (336-758-7777). They will fax you the list.

Here are some realtors that specialize in West End and Ardmore.

- Home Real Estate http://www.hreco.net
- Ogburn Realty http://www.ogburnproperties.com
- Messick Properties http://www.messickproperties.com
- Classy Rentals http://www.classyrntals.com

A good time to start looking is about two months before moving in, it just gets frustrating to start looking before then because these places go fast, so if you aren’t going to put your deposit down and start paying soon, they will give it to someone who will. Side note: Sometimes you can find places that are not open yet, and they usually say so on the advertisement.

Advice for checking out apartments: take your I.D. to the office. They will want a copy of it for the key deposit, and perhaps $$$ to pay for the key deposit, which you will get back when you return the key. Try to talk to the neighbors, most people don’t mind, and if they do, you probably don’t want them as neighbors. Ask about bills for the complex, noise, smells, etc. The rental company may supply bill info, but sometimes it is easier just to ask someone. If they let you keep the key overnight, come back at night and get the feel of the place, noise, etc. Depending on how much furniture you have, I suggest a top floor apartment; upstairs’ neighbors are sometimes the worst!
Once you find housing, please remember to update your local address with the Graduate School Office... it will save you A LOT of headache later!

**Graduate School Offices** –

<table>
<thead>
<tr>
<th>Campus</th>
<th>Address</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reynolda Campus</td>
<td>Room 124, Reynolda Hall</td>
<td>336-758-5301</td>
</tr>
<tr>
<td>Bowman Gray Campus</td>
<td>1st Floor, Watlington Hall</td>
<td>336-716-4303</td>
</tr>
</tbody>
</table>

**IMPORTANT PHONE NUMBERS:**

**Utilities** –

<table>
<thead>
<tr>
<th>Service</th>
<th>Provider</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cable TV/Internet</td>
<td>Time Warner of Winston-Salem</td>
<td>1-800-TWCABLE (892-2253)</td>
</tr>
<tr>
<td>Electric</td>
<td>Duke Energy Company</td>
<td>336-727-4300</td>
</tr>
<tr>
<td>Gas</td>
<td>Piedmont Natural Gas Company</td>
<td>1-800-752-7504</td>
</tr>
<tr>
<td>Telephone Company</td>
<td>AT&amp;T</td>
<td>1-888-757-6500</td>
</tr>
<tr>
<td>Water/Sewer</td>
<td>City of Winston-Salem</td>
<td>336-727-2355</td>
</tr>
</tbody>
</table>

**City/County Offices** –

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Animal Control</td>
<td>336-703-2490</td>
</tr>
<tr>
<td>Birth, Death, Marriage Certificates (Register of Deeds)</td>
<td>336-703-2701</td>
</tr>
<tr>
<td>Building Permits</td>
<td>336-727-8000</td>
</tr>
<tr>
<td>Child Abuse &amp; Neglect Reports</td>
<td>336-703-2287</td>
</tr>
<tr>
<td>Victims Assistance</td>
<td>336-773-7860</td>
</tr>
<tr>
<td>CrimeStoppers (Police Dep)</td>
<td>336-727-2800</td>
</tr>
<tr>
<td>Garbage Collection / Recycling</td>
<td>336-727-8000</td>
</tr>
<tr>
<td>Tax Collector (Property Tax Office – Forsyth County)</td>
<td>336-703-2300</td>
</tr>
<tr>
<td>The EnviroStation</td>
<td>336-784-4300</td>
</tr>
<tr>
<td>Voter Registration (Board of Elections)</td>
<td>336-703-2800</td>
</tr>
</tbody>
</table>

To register to vote, you must be a permanent legal resident of the state and the precinct for at least 30 days prior to an election.

**State Offices** –

<table>
<thead>
<tr>
<th>Service</th>
<th>Provider</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>New residents must obtain a North Carolina driver's license within 30 days after establishing residency. New residents must pass written, road sign recognition, and vision tests. An on-the-road test is at the discretion of the examiner. Applications must bring their out-of-state driver's license, proof of insurance and proof of address to the testing station.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>License Plate Tags/Registration</td>
<td></td>
<td>2001 Silas Creek Pkwy 336-761-2258</td>
</tr>
<tr>
<td>Traffic Court/Tickets</td>
<td></td>
<td>Vehicle Inspection Info. 336-761-2286</td>
</tr>
<tr>
<td>Highway Patrol</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Winston Salem Police (non-emergency)</td>
<td></td>
<td>336-773-7700</td>
</tr>
</tbody>
</table>
PERSONAL FINANCES:

Bank Account –
There are several banking options in Winston-Salem. Some are national and some are local. A few offer student checking accounts for free (ATM card, checks included). Check around when signing up to see what is offered. Here are a few.

- BB&T
  http://www.bbt.com
- Bank of America
  http://www.bankofamerica.com
- RBC Centura Bank
  http://www.rbcbank.com/
- State Farm
  http://www.statefarm.com
- Southern Community Bank and Trust
  http://www.smalleroughtocare.com
- Suntrust
  http://www.suntrust.com
- Wells Fargo (branch offices on both campuses)
  http://www.wellsfargo.com

Setting Up Direct Deposit –
Contact your campuses Payroll Department for more information. You can also download these forms from the following web sites:

  Reynolda Campus –
  Direct deposit is required for students receiving a graduate stipend. Forms can be printed from http://www.wfu.edu/administration/fas/payroll/index.html. Your first check will need to be picked up from the Graduate School office in August until your direct deposit has been established.

  Bowman Gray –
  http://intranet.wakehealth.edu/Departments/Human-Resources/Forms/Forms.htm (*Note: students must be on the Bowman Gray campus to access this website.) It is now the policy that all employees (faculty, staff and students) on the medical school campus enroll in direct deposit. Information and instructions for signing up for direct deposit will be covered during orientation.

Loans –
For more information visit your Financial Aid Office:

  Mr. Tom Benza (benzatp@wfu.edu) http://www.wfu.edu/fas/ar/index.html
  Reynolda Campus
  4th Reynolda Hall

  Ms. Melissa Stevens (mstevens@wakehealth.edu) http://www.wakehealth.edu/financialaid/
  Bowman Gray Campus
  3rd floor Watlington Hall
You may qualify for a federal subsidized or unsubsidized loan every year. Visit the FASCA website to learn more, or talk with your financial aid officer.

> FAFSA  http://www.fafsa.ed.gov/

Student loans may be deferred during your graduate studies. Visit your financial institution’s web site for information and forms.

**Taxes –**
The following information is provided to help you with your taxes. **HOWEVER, you should read the Federal and State tax instructions carefully and/or talk with your tax professional before making ANY deductions!!**

**Federal:**
All federal forms and instructions are available on-line, or paper forms are available at the main branch of the Public Library on 5th Street, or forms may be available at local post offices.

> IRS  http://www.irs.gov

**North Carolina State:**
North Carolina has .pdf forms available. You can type dollar amounts into the form and print it out, but you have to do the math yourself.

> NC State Tax Info  http://www.dorstate.nc.us/index.html

**Personal Property Taxes:**
North Carolina has a direct personal property tax on automobiles, boats, motorcycles, and other motorized vehicles. Personal property taxes are due December 31 of the calendar year. A bill will be sent to you in September.

**HEALTH INSURANCE:**
**Reynolda Campus –**
A comprehensive insurance program is provided by BlueCross BlueShield of North Carolina. The plans highlights include: no pre-existing condition clause for students who enroll during the approved periods, no life-time plan maximum, unlimited prescription drug coverage, extensive mental health care benefits, and reasonable co-payments and coinsurance provisions. For complete plan provisions, please visit: http://www.bcbsnc.com/wfu.

The annual cost of coverage is based on the age of the student. For complete details, visit the Student Insurance Program Facts page.

> WFU Student Health Insurance Program  http://sip.studentlife.wfu.edu/facts/
> Blue Cross/Blue Shield  http://www.bcbsnc.com/

**Bowman Gray Campus –**
A student health insurance plan is currently (2012-2013) available through United HealthCare for $221.00/month with a $150.00 supplement leaving a cost of only $71.00/month paid by the students. The insurance is updated annually based on price: benefit analysis, as well as the opinion of current students. Dental insurance is also available to students through United HealthCare. The current rate is $31.25/month.

> United HealthCare  http://graduate.wfu.edu/students/
**VEHICLE REGISTRATION:**

**Insurance –**
North Carolina has a compulsory auto liability insurance law with proof of financial responsibility required BEFORE a vehicle is registered and licensed. Be sure to consider the Blue Book value of your vehicle since your annual state vehicle tax will be based on it. The STATE HIGHWAY PATROL OFFICE, 2001 Silas Creek Parkway will provide detailed information on these matters as well as the required safety inspection.

- State Highway Patrol 336-761-2441

**Inspection –**
*New residents* moving from out of state have 10 days after getting their North Carolina auto tag to have their vehicle inspected and the inspection sticker displayed on their vehicle.


**Tags/Registration –**
*New residents* must obtain a North Carolina vehicle title at the same time they register their vehicle(s) for license plates. License plates for a passenger vehicle usually must be purchased within 30 days after establishing residency.

**IMPORTANT!** Vehicle registration **MUST** be renewed **annually**. If you are moving from another state, this may have not been the case where you previously lived!

Vehicles must be inspected for safety 10 days after obtaining license plates (see "Inspection" above).

**Registration Offices –**
- 52 Plaza Shopping Center, Hwy. 65, Rural Hall 336-969-2814
- Parkway Plaza Shopping Center 336-725-2795
- Kernersville Shopping Center 336-993-5226

**CAR INSURANCE:**

**Allstate**
- Phone Number Available 24/7: 1-800-ALLSTATE (1-800-255-7828)
- Hearing Impaired Service 24/7: (1-800-877-8973)

**Nationwide**
- [http://www.nationwide.com/car-insurance-policy.jsp](http://www.nationwide.com/car-insurance-policy.jsp)

**State Farm**
- Phone Number: (877) 749-0929

**Liability Insurance –**
This type of coverage is **REQUIRED** for all automobiles registered in NC. It is composed of two types of coverage:

- Bodily injury: pays for injury to others caused by you while operating your vehicle
- Property damage: pays for damage to other property caused by you while operating your vehicle.

Proof of insurance is required for registration of automobiles in NC, and discontinuities in coverage (even for one day) can lead to a $50 fine by the NC Division of Motor Vehicles and/or revocation of license.
Medical Payments –
This OPTIONAL insurance provides a duplicate coverage for holders of most standard medical or hospital insurance. Without this coverage, injured passengers will have to SUE your liability insurance company in order to receive payment.

Collision –
This OPTIONAL insurance pays you or your agent for loss of/or damage to your own vehicle as a result of a moving violation on your part. FOR VEHICLES WHICH ARE PURCHASED ON AN AUTO FINANCING PLAN, MOST FINANCE COMPANIES REQUIRE COLLISION INSURANCE TO PREVENT THEIR OWN LOSS IN CASE OF DAMAGE TO OR LOSS OF THE VEHICLE. Otherwise, the decision to carry insurance rests with the individual.

Comprehensive –
This OPTIONAL insurance ordinarily accompanies standard collision insurance, and pays damages to vehicles that are not directly caused by collision, such as: fire, theft, hail, flood, falling objects, vandalism, glass breakage, etc. Different companies have variable limitations on what items are specifically covered by this insurance; it pays to ask questions.

Uninsured/ Underinsured Motorist –
This insurance is the solution to problems that arise when you are the victim of a hit-and-run driver, or a driver who is not carrying proper insurance. However, all NC drivers are REQUIRED to contribute to this fund as a percentage of their insurance coverage. It is ordinarily only a few dollars per policy period.

Rental Reimbursement –
This OPTIONAL insurance pays a variable amount for a specific number of days for a rental vehicle, or other transportation, while your vehicle is being repaired.

Towing and Labor –
This OPTIONAL insurance pays the cost of towing your vehicle to a repair shop and possibly other costs: this insurance is quite variable. Most auto clubs already pay for these costs; therefore, this might provide duplicate coverage if you are a member of one.

Other important questions to ask when choosing an insurance company –
1. How easily will this insurance coverage be transferred when you leave Winston-Salem?
2. How does a company handle claims?
3. Are out of town or out of state claims a hassle?
Many “mail order” insurance companies offer adequate coverage at lower rates, but may fall short when the time comes to deal with a claim.

CHILDicare:
There are many good childcare centers in Winston Salem.

The Work/Family Resource Center offers free help in finding childcare.

▶ Resource Center 336-761-5100

The NC Division of Child Development has information on the state rating, review, and licensing of each childcare in NC. There is a lot of very good information on this website.

▶ NC Div. of Child Dev. http://ncchildcare.dhhs.state.nc.us/general/home.asp
**Children’s Choice Learning Center**, located on Lockland Avenue, is available to employees/students of the medical center. There is usually a waiting list but this center is very popular due to its convenience and the ability to have the fees deducted from your paycheck.


**PARKING:**

**Reynolda Campus –**
Students can purchase a Commuter Student parking pass (changes yearly) or an off-campus parking pass (free). The passes can be purchased through the Wake Information Network (WIN). Go to Personal, Register your vehicle.

- **WIN**   [https://win.wfu.edu/](https://win.wfu.edu/)

Tickets are given out all year long if you park in the wrong section and result in a $25 - 100 fine. Fines must be paid per semester if registering for classes or receiving a stipend or before graduation.

**Bowman Gray –**
Students can pay for parking ($15 a month) and spaces are easy to come by in the 3 student parking areas. You can also park on streets that are around the hospital pretty easily but you may get a ticket about once a month (those are $5). At night you are allowed to park in any parking lot for free.

**WAKE FOREST UNIVERSITY**

**WFU Phone Numbers:**

<table>
<thead>
<tr>
<th></th>
<th>Reynolda Campus</th>
<th>Bowman Gray Campus</th>
<th>Bowman Gray Campus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counseling Center</td>
<td>118 Reynolda Hall</td>
<td>3rd Floor, Piedmont Plaza II</td>
<td>403 S. Hawthorne Road</td>
</tr>
<tr>
<td>Employee Assistance Program</td>
<td>Reynolda Campus</td>
<td><a href="http://www.wakehealth.edu/library">Taylor House, Main Quad</a></td>
<td><a href="http://zsr.wfu.edu">1-Floor Gray Building</a></td>
</tr>
<tr>
<td>Pastoral Counseling Services</td>
<td>Bowman Gray Campus</td>
<td><a href="http://www.wakehealth.edu/library">336-716-4414</a></td>
<td><a href="http://zsr.wfu.edu">336-758-5478</a></td>
</tr>
<tr>
<td>Coy C. Carpenter Library</td>
<td>Reynolda Campus</td>
<td>Bowman Gray Campus</td>
<td>Bowman Gray Campus</td>
</tr>
<tr>
<td>Z. Smith Reynolds Library</td>
<td>Bowman Gray Campus</td>
<td>1-Floor Gray Building</td>
<td>1-Floor, Watlington Hall</td>
</tr>
<tr>
<td>Bookstores</td>
<td>Reynolda Campus</td>
<td>Bowman Gray Campus</td>
<td>Bowman Gray Campus</td>
</tr>
<tr>
<td>Graduate School Offices</td>
<td>Reynolda Campus</td>
<td>Bowman Gray Campus</td>
<td>Bowman Gray Campus</td>
</tr>
<tr>
<td>Security</td>
<td>Reynolda Campus</td>
<td>Bowman Gray Campus</td>
<td>Bowman Gray Campus</td>
</tr>
</tbody>
</table>
Shuttle Service Schedule

http://graduate.wfu.edu/students/shuttle.html

- The WFU Shuttle runs between the Reynolda/Bowman Gray Campuses every hour
- This van leaves BG campus (Eden Terrace) on the hour and Reynolda campus (Benson Center) on the half-hour.
- The Medical Center vans run between all other BG campus-associated buildings, including the Hawthorne Inn and PTCRC.
- Call 716-RIDE to request van service.

Student Health
Employee Health

| Reynolda Campus | 336-758-5218 |
| Bowman Gray Campus | 336-716-4802 |
| Meads Hall, Ground Floor |

WFU Web Sites:

<table>
<thead>
<tr>
<th>Information</th>
<th>Web Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012-2013 Graduate School Bulletin</td>
<td><a href="http://graduate.wfu.edu/bulletin.html">http://graduate.wfu.edu/bulletin.html</a></td>
</tr>
<tr>
<td>Electronic Thesis Dissertation</td>
<td><a href="http://etd.wfu.edu/">http://etd.wfu.edu/</a></td>
</tr>
<tr>
<td>Financial Aid</td>
<td><a href="http://graduate.wfu.edu/students/bowmangray.html">http://graduate.wfu.edu/students/bowmangray.html</a> <a href="http://graduate.wfu.edu/students/reynolda.html">http://graduate.wfu.edu/students/reynolda.html</a></td>
</tr>
<tr>
<td>Graduate Student Handbook of Rights and Responsibilities</td>
<td><a href="http://graduate.wfu.edu/students/academic-affairs.html">http://graduate.wfu.edu/students/academic-affairs.html</a></td>
</tr>
<tr>
<td>Hooding and Awards</td>
<td><a href="http://graduate.wfu.edu/students/graduation2.html">http://graduate.wfu.edu/students/graduation2.html</a></td>
</tr>
<tr>
<td>International Students</td>
<td><a href="http://www.wfu.edu/cis/">http://www.wfu.edu/cis/</a></td>
</tr>
<tr>
<td>Richter Scholarship (Reynolda Campus Only)</td>
<td><a href="http://graduate.wfu.edu/students/richschol.html">http://graduate.wfu.edu/students/richschol.html</a></td>
</tr>
<tr>
<td>Thesis Information</td>
<td><a href="http://graduate.wfu.edu/students/graduationrequirements.html">http://graduate.wfu.edu/students/graduationrequirements.html</a></td>
</tr>
</tbody>
</table>

WFU Libraries:
Students have full access to the libraries on both the Reynolda and Bowman Gray campuses.

Reynolda Campus:
Z. Smith Reynolds Library
24 hours, Monday-Thursday
Closes at 7PM, Friday
10:00 AM to 7:00 PM, Saturday
10:00 am to 12:00 midnight, Sunday

A new 24 hour study area is available during the school year near the front door of the library and is accessible by Reynolda students after hours with your ID badge.
Home page: http://zsr.wfu.edu
Bowman Gray Campus:
The Wake Forest University School of Medicine’s Library is Coy C. Carpenter Library. It is located on the first floor of the Gray Building. Special holiday schedules are posted in advance.
7:00 AM to 12:00 midnight, Monday-Thursday
7:00 AM to 7:00 PM, Friday
10:00 AM to 7:00 PM, Saturday
1:00 PM to 12 midnight, Sunday
Home page:  http://www.wakehealth.edu/library/

WFU Exercise Facilities:
Reynolda Campus:
Campus Recreation is located in the Reynolds Gymnasium, Reynolda Campus. Aerobic classes such as yoga, kickboxing, strength training and step are offered to all students free of cost. Campus Recreation also organizes intramural group sports such as flag football, volleyball and soccer.
  - Campus Recreation 336-758-5838  http://www.wfu.edu/campusrec

There is a Swimming Pool located on the Reynolda Campus which is available free of cost to students.
  - Swim Pool 336-758-1967

The Miller Center on the Reynolda Campus offers students a complete facility. For detailed information about available equipment and programs, stop by the Wake Forest University Welcome Center
  - Miller Center 336-758-5697

Bowman Gray Campus:
Wake Forest University School of Medicine Fitness Center - The Fitness Center is free to Bowman Gray students. It is located on E-floor, Hanes Building, Bowman Gray Campus. This center has 1,500 square feet of exercise area, a complete line of Nautilus equipment, aerobic machines, and other equipment.
  - Medical School Fitness Center 336-716-6953
    M-F 6:00 am-9:00 pm
    Sat. 9:00 am-9:00 pm
    Sun. 12:00 pm-6:00 pm

The YMCA offers a student discount with proof of salary. The Main YMCA is located at 775 West End Boulevard.
  - YMCA 336-721-2100
    Hours: M-TH 6:00 am-10:00 pm
    Fri. 6:00 am-8:00 pm
    Sat. 8:00 am-7:00 pm
    Sun. 1:00 pm-7:00 pm
ENTERTAINMENT

There is more to graduate school than studying and research, and Winston-Salem and the surrounding area have plenty of activities to give you an excuse for putting the books away and taking a break.

WFU SPORTS:
The School provides passes to athletic games to all graduate students. A student may show up with his/her student ID and athletic pass for admission to any home game.

Bowman Gray students must pick up an athletic pass (Cashier’s Office, 1st floor, Gray), and a parking pass for football (Student Services, 3rd floor, Watlington Hall).

This is true for all sports except basketball where there is either a student lottery for Bowman Gray or Screamin’ Demon tickets for Reynolda students (this can change from year to year, so check with the athletic department for current information)

- WFU Athletic department [http://www.wfu.edu/athletic/]

SPECIAL EVENTS IN WINSTON-SALEM:
The best places to find out about “what there is to do” in Winston-Salem are:

- Smitty's Notes – [http://www.smittysnotes.com]
- Downtown Partnership – [http://www.dwsp.org]
- Flow's Alive After Five –
  On Thursday during the summer there is live music and food available for a low cost; 5:00 pm-8:00 pm, Thursdays at Corpening Plaza at First and Liberty Streets.
- Cingular Wireless’ Fourth Street Jazz and Blues –
  Every Friday throughout the summer there is live jazz, blues and food available. 6:30 pm-9:30 pm on 4th Street between Poplar and Spruce Streets.
- Summer on Trade –
  Free concerts are held from 7:00 pm-10:00 pm on Saturdays at the corner of Sixth and Trade Streets.
- Gallery Hops –
  During the 1st Friday of every month, the downtown art galleries are open to the public. These events are free, and include music, food and culture.
  The Winston-Salem Dash, a minor league baseball team, have reduced drink specials during their Thursday evening games throughout the season.
**PARKS AND RECREATION:**


**DISCOUNTS:**
Discounts are available with your student ID but since they are constantly changing you are being referred to the school’s websites.

- Bowman Gray campus [http://infinet.wakehealth.edu/discounts/discounts.htm](http://infinet.wakehealth.edu/discounts/discounts.htm)

**TRANSPORTATION**

*How To Get To And Around Town*

**AIRPORTS:**

  PTIA is located about 30 minutes east on I-40 from Winston-Salem in Greensboro, NC. For directions and a list of airlines which fly from PTIA check out their web site. Flights can sometimes be cheaper out of GSO than the other airports, so definitely check all your options. Parking ranges from $5-7 per day.

- **Charlotte Douglas International Airport (CLT)** – [http://www.charmeck.org/Departments/Airport/Home.htm](http://www.charmeck.org/Departments/Airport/Home.htm)
  Charlotte airport is approximately 90 min from Winston-Salem in Charlotte, NC. There are normally pretty good deals on international flights, but check out flying from GSO for a cheaper flight. Parking is $3-6 per day.

  This airport is approx. 2 hrs from Winston-Salem without traffic. Parking is $10 per day.

**PIEDMONT AUTHORITY FOR REGIONAL TRANSPORTATION (PART):**

PART is a shuttle service that provides transportation to and from GSO and other areas in the state. This is a really cheap way to get to the airport. If you take a taxi, it will cost at lest $50 or more! The cost is $2.00 one-way (adult).


**INTERCAMPUS TRAVEL:**

WFU/WFUBMC Shuttle – This free shuttle runs between the campuses from 7:00am to 5:30 pm Monday-Friday. The shuttle leaves the Bowman Gray campuses at Eden Terrace every hour, on the hour. The shuttle leaves the Reynolda Campus, Benson Center, every hour on the half-hour. Call or visit

- **Campus Shuttle** 336-716-RIDE [http://www.wfu.edu/police/shuttle.html](http://www.wfu.edu/police/shuttle.html)
Reynolda Campus now offers shuttles from nearby apartment complexes, for information see [http://facilities.wfu.edu/transport/ride-the-wake/](http://facilities.wfu.edu/transport/ride-the-wake/). This option is very appealing due to the high parking prices (see Parking section on page 8).

**Driving Directions (refer to map):**

*From the Bowman Gray Campus* – Take Hawthorne Road to First Street. Turn LEFT on First Street. Take First Street all the way to the 5-Point Intersection (it is the third light and Piedmont Plaza will be on your left.) Turn RIGHT onto Stratford Road. Take Stratford Rd. to Reynolda Road (the third light). Turn LEFT onto Reynolda Rd.

ByWay is the last street name prior to WFU and the Reynolda Village Shopping Center will be on your right. At the fourth light there will be a turn off on your RIGHT. This is the entrance to Wake Forest University’s Reynolda Campus. You will see a guard station at the entrance.

*From the Reynolda Campus* – Take the Reynolda Road exit from the Reynolda Campus. Turn LEFT onto Reynolda Rd. Turn RIGHT onto Stratford Road, this is the first right following Coliseum Road. Take Stratford Rd to the 5-Point Intersection. Don’t follow Stratford Road, as it veers to the right, but follow STRAIGHT onto Miller Street at this intersection. You will pass shopping centers on your right and left as you proceed down Miller. Turn LEFT at the next light onto Cloverdale Rd. Once on Cloverdale Rd, get in the right lane. Turn RIGHT onto Medical Center Blvd. On your left there is an Hourly-Pay lot.

**Public Transportation:**

- W-S Transit Authority 336-727-2000
  [http://www.cityofws.org/Home/Departments/Transportation/](http://www.cityofws.org/Home/Departments/Transportation/)

- Greyhound Bus Lines 336-724-1429
  [http://www.greyhound.com](http://www.greyhound.com)

**Taxicabs:**

- Blue Bird Cabs 336-722-7121
- Lott’s 336-720-9797
- Willard’s Cab Company 336-725-2227
STUDY SPOTS AROUND TOWN

The following is a list of study spots and their amenities, tested and rated by GSA members.

- **Reynolds Campus Library - Rare Collections**
  - Z. Smith Reynolds Library
  - 1834 Wake Forest Road
  - Phone 336.758.5475
  - **Special Feature: Very quiet!**
  - Hours: Sun 10:00 a.m. - 1:00 a.m.
  - Mon - Thurs 8:00 a.m. - 1:00 a.m.
  - Fri 8:00 a.m. - 7:00 p.m.
  - Sat 10:00 a.m. - 7:00 p.m.

- **Krankie’s**
  - www.thewarehouse.com/projects
  - 211 East Third Street
  - Phone 336.722.3016
  - **Special Feature: Also a bar!**
  - Hours: Mon - Wed 7am-10pm
  - Thurs/Fri 7am-12am
  - Sat 9am-12am
  - Sun 1pm-12am

- **SIN Coffee**
  - 305 W 4th St
  - Phone 336.725.1003
  - **Special Feature: They serve a complimentary chocolate-covered espresso bean with your coffee!**
  - Hours: Mon-Fri 7am-5:30pm
  - Not open on weekends

- **Chelsea’s Coffee Shop**
  - 533 North Trade St
  - http://www.chelseacoffee.com/
  - **Special Feature: In store art exhibits!**
  - Hours: Mon - Fri 7am-11pm
  - Sat 8am-11pm

- **Starbucks**
  - 110 Oakwood Dr
  - Phone 336.721.0021
  - **Special Feature: World famous coffee!**
  - Hours: Sun-Thurs 5:30am-11pm
  - Fri-Sat 5:30am-12am

- **Angelina’s Teas**
  - www.angelinasteas.com
  - 125 S Stratford Rd
  - Phone 336.722.9532
  - **Special Feature: They serve over 70 different teas!**
  - Hours: Mon-Sat 10-6
  - Sun 12-5

- **Coy C. Carpenter Library**
  - Medical Center Blvd
  - Phone 336.716.4692
  - **Special Feature: Knowledgeable librarians and anatomy models to study!**
  - Hours: Mon-Thurs 7am-Midnight
  - Fri 7am-7pm
  - Sat 10am-7pm
  - Sun 1pm-Midnight

- **Black Bear Coffee & Soda Shop**
  - 5062 Peters Creek Pkwy
  - Phone 336.785.1905
  - **Special Feature: A really quiet study place off campus!**
  - Hours: Mon - Fri 7am-8:30pm
  - Fri 8:30am-9:30pm
  - Sat 8:00am-9:30pm

- **Forsyth County Public Library**
  - www.forsythlibrary.org
  - 660 W 5th St
  - Phone 336.703.2665
  - **Special Feature: Tons of books!**
  - Hours: Sun 1:00pm-5:00pm
  - Mon-Wed 9:00am-9:00pm
  - Thurs/Fri 9:00am-6:00pm
  - Sat 9:00am-5:00pm

- **Simply Yummy**
  - www.simplyyummy.com
  - 122 Reynolds Village
  - Phone 336.724.9779
  - **Special Feature: Tasty food, made-to-order!**
  - Hours: Mon - Fri 7am - 6pm
  - Sat 8am - 3pm

- **Borders Books & Music**
  - 252 S Stratford Rd
  - Phone 336.727.8834
  - **Special Feature: The latest books and magazines are FREE to read in store!**
  - Hours: Mon - Sat 9am-11pm
  - Sun 9am-10pm

- **Sixth & Vine W, L, F**
  - www.6thandvine.com
  - 209 W 6th St
  - Phone 336.725.5577
  - **Special Feature: Comfy Couches and great ambiance!**
  - Hours: Tues-Sun 11am-Late

- **Panera Bread**
  - www.panerabread.com
  - 2209 Cloverdale Ave
  - Phone 336.722.0900
  - **Special Feature: Outside seating and free Wifi!**
  - Hours Vary with Location

- **Mellow Mushroom**
  - www.mellowmushroom.com
  - 314 W 4th Street
  - Phone 336.245.2820
  - **Special Feature: Fresh, delicious pizza!**
  - Hours: Sun-Thurs 11am-11pm
  - Fri-Sat 11am-Midnight
WHERE IN THE WORLD IS WAKE FOREST UNIVERSITY

Wake Forest University is located in Winston-Salem, NC (not to be confused with Wake Forest, NC which is way the heck on the other side of the state). Winston-Salem is a quaint town, known for live downtown summer music 3 nights a week, lots of little art galleries, around 10 wineries within 20 minutes, and a rich Moravian history. There are still remnants of the Moravian settlement in Old Salem, definitely check out the cookies and sugar cake. The following maps should give you a quick reference but definitely purchase a map of the town as the roads here can sometimes get confusing (especially 5-points!)

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The main goals of the Graduate Student Association (GSA) are to provide a means by which graduate students can actively influence and participate in student-related policies and to protect the rights of the graduate students while improving the quality of the environment for the students of Wake Forest University's Graduate School of Arts and Sciences. The Graduate Student Association also strives to promote fellowship among graduate students and faculty.

The GSA is composed of graduate student representatives from each department on both campuses, as well as one graduate student from each campus acting as co-chairs. If you are interested in becoming more involved with the GSA, or have a concern that you would like to discuss, you may contact your department representative or co-chair - http://graduate.wfu.edu/gsa/gsa_officials.html.

For more information on the GSA, as well as many useful links, check out the GSA home page: http://graduate.wfu.edu/organizations/index_gsas.html.