**Food & Safety**

UMSL’s Millennium Student Center has several places to eat.

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**Eating on campus**

January 8 – January 17

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Hours</th>
<th>Service</th>
</tr>
</thead>
<tbody>
<tr>
<td>Einstein’s Bagels</td>
<td>Monday-Friday 8am-2pm</td>
<td>Breakfast &amp; lunch</td>
</tr>
<tr>
<td>Subway</td>
<td>Monday-Friday 10am-5:30pm</td>
<td>Breakfast &amp; sandwiches</td>
</tr>
</tbody>
</table>

January 18 through May

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Hours</th>
<th>Service</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Nosh</td>
<td>Opens 8am January 21</td>
<td>Breakfast &amp; lunch</td>
</tr>
<tr>
<td>Provincial House</td>
<td>Opens 11am January 18</td>
<td>Lunch, dinner &amp; late-night</td>
</tr>
<tr>
<td>Café TJ</td>
<td>Opens 7:30pm January 21</td>
<td>To-go meals</td>
</tr>
<tr>
<td>Southside Café</td>
<td>Opens January 21</td>
<td>Breakfast, lunch, &amp; dinner</td>
</tr>
</tbody>
</table>

**Eating off campus**

To get to most restaurants in St. Louis, you need to bike, drive, or take the MetroLink train. The Delmar Loop and Central West End metro stops are two good neighborhoods for restaurants.

For restaurants near UMSL, walk west on Natural Bridge Rd toward North Hanley Rd—Spiro’s Greek Restaurant, Breakaway Café, and Para-Dice Grill are nearby.

**Safety**

UMSL has the safest university campus in St. Louis; however, be careful at night. When it is dark, it is best to walk in groups. If you do not feel comfortable walking somewhere on campus, contact the UMSL Police Department at 314-516-5155 for an escort. They will come walk or drive with you. Also take caution at night in the area around UMSL and in St. Louis city. Some neighborhoods are more dangerous than others. Be aware of your surroundings, walk in groups, and ask UMSL staff or students if the place you’re going is safe.
Before Orientation

Outings in St. Louis

**Grocery Shopping:** Friday, January 10 at 11:30am, 12:15pm, 3:30, 4, 4:30
Go on a free UMSL bus to a grocery store to buy food. You will go with orientation leaders who will give you advice and answer questions. Meet at the Main Circle on North campus in front of JC Penny building.

**The Arch and Lunch:** Saturday, January 11, 9:30am-3pm
Ride to the top of UMSL’s famous monument, the Arch, with current UMSL students. Then see downtown St. Louis and have lunch at the Spaghetti Factory. Bring $5 for the metro, $10 for the Arch, and $15-20 for lunch. Meet at UMSL South Station Metrolink at 9:30am. Wear comfortable, warm clothing. Sponsored by UMSL Mosaic International Buddies.

**Ice skating and Dinner:** Sunday, January 12, 1pm-6:30pm
Join current UMSL students for a fun night of ice skating in Forest Park and dinner at Tortillaria’s restaurant in the Central West End neighborhood. Meet at UMSL South Station Metrolink at 1pm. Wear comfortable, warm clothing. Bring $5 for the metro, $11 for ice skating, and $10-20 for dinner. Sponsored by UMSL Mosaic International Buddies.

**Dinner and Games:** Saturday, January 11, 6pm-8pm
Free dinner sponsored by Chi Alpha Christian Fellowship, a Christian group at UMSL. Meet at University Meadows Clubhouse.

**Dinner with an American host family:** Sunday, January 12, 4pm-6:30pm
Free dinner sponsored by Chi Alpha Christian Fellowship. Meet at University Meadows Clubhouse.

**School Preparation**

**English Placement Exam:** Friday, January 10, 9am-12pm
Most students must take this written and oral exam before registering for classes. The exam is offered during orientation, but you may also take it early at the time above in Clark Hall 206.

**Math Placement Test:** Anytime, online
Most undergraduate students must take this test before registering for classes. Go to [www.umsl.edu/~campustesting](http://www.umsl.edu/~campustesting) → Math Placement Test

During & After Orientation

**Orientation**

Orientation begins **Monday, January 13** at 8:15am with breakfast and check-in. You must check-in between 8:15am and 9:00am. Come to the Millennium Student Center on North Campus. See [www.umsl.edu/maps.html](http://www.umsl.edu/maps.html) for directions.

Bring your passport, I-20 or DS-2019, your new US address, and these documents for any spouse or children in the US with you.

If you completed 30 credits at a US university, your orientation is Jan. 9.

**After orientation**

**Martin Luther King Day of Service:** Monday, January 20
MLK Day is a national holiday in the U.S. To celebrate, volunteer in the community with other UMSL students. Sign up at [www.facebook.com/UMSLSOS](http://www.facebook.com/UMSLSOS)

**Shopping Shuttle:** Friday, January 17 and Saturday, January 25
Need to go shopping to decorate your room, get food, or buy school supplies? Go on the shopping shuttles. Check your orientation materials for times and locations.

**Weeks of Welcome**
The first few weeks of classes are packed with social activities. Click Weeks of Welcome at [www.umsl.edu/newstudentprograms](http://www.umsl.edu/newstudentprograms) to see the schedule of events.

**Orientation leaders**

*These current UMSL students are your orientation leaders. They are undergraduate and graduate students from France, China, Nigeria, South Korea, and India. They can’t wait to meet you on Monday, January 13!*

Full schedule: [www.umsl.edu/services/intelstu/admittedstudents/orientation.html](http://www.umsl.edu/services/intelstu/admittedstudents/orientation.html)