

# Logistics



## Campus Transportation

Free shuttles are available to transport you from South Campus to North Campus. Oak Hall, Villa Hall, and Meadows are on South Campus. The Millennium Student Center is on North Campus. Ask for the nearest shuttle stop.

## Cell Phones



Do you need to buy a new SIM card or purchase a cell phone plan? Your orientation leaders can help you understand the options. During orientation, attend the cell phone session and register for a Cell Phone Trip on Thursday, August 21 at 11am or 3pm.

## Safety

UMSL is a safe campus, but be careful at night. When it is dark, it is best to walk in groups. If you do not feel comfortable walking on campus, contact the UMSL Police 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.



# 2014

International Student & Scholar Services

## Guide to Your First Week at UMSL

Where to eat, what to do,  
& Explore St. Louis activities

# Explore Saint Louis

## Schedule of events

Central West End	Friday, August 15 6:00pm	Meet at UMSL South Metro
Soulard Market	Saturday, August 16 9:30am	Meet at UMSL South Metro
Apartment Supplies Shopping Shuttle	Saturday, August 16 10:15am, 11:20am, or 12:25pm	Meet at Meadows shuttle stop
Dinner	Saturday, August 16 6:00pm	Meadows Clubhouse
Arch and Laclede's Landing	Sunday, August 17 9:30am	Meet at UMSL South Metro
Dinner	Sunday, August 17 6:00pm	Meadows Clubhouse
Orientation	Beginning Monday, August 18, 8:00am	Millennium Student Center
International House Welcome Party	Monday, August 18 7:00pm	8026 Natural Bridge Rd or meet at Meadows Clubhouse
Visit to Delmar Loop	Tuesday, August 19 7:00pm	Meet at Meadows Clubhouse or UMSL South Metro
Cell Phone Trip	Thursday, August 21 11:00am, 3:00pm	Meet at UMSL South Metro
Weeks of Welcome Events	Beginning Friday, August 22	More information at orientation

# Eating

## Meal Plans

Fall meal plans begin on August 22. You can purchase an international student meal plan for August 18-21. Meals are served in Provincial House.

### International Student Meal Plan for \$42.75

Monday, August 18 Dinner 5pm-6:30pm

Tuesday, August 19 Dinner 5pm-6:30pm

Wednesday, August 20 Dinner 5pm-6:30pm

Thursday, August 21 Lunch: 11am-1pm & Dinner 5pm-6:30pm

Purchase: [umsl.sodexomyway.com](http://umsl.sodexomyway.com) → Shop Now → Meal Plans

**University Meadows residents, did you know?** If you live in University Meadows, you may also purchase a meal plan. Go to [umsl.sodexomyway.com](http://umsl.sodexomyway.com) to browse options.

## Off-campus Dining

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

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

## Other on-campus options

Try breakfast or lunch in the Millennium Student Center on Thursday, August 14 or Friday, August 15. Einstein's Bagels and Subway serve sandwiches, eggs, bagels, and salads. For hours go to [umsl.sodexomyway.com](http://umsl.sodexomyway.com)

