



GRADUATE STUDENT LIFE HANDBOOK

2011-2012

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PURPOSE & ACKNOWLEDGMENTS

As a graduate student at the University of Louisville and as a non-Louisville native, I thought it pertinent to develop a Graduate Student Life Handbook whose focus was more socially based than academically based. When accepted at UofL for graduate studies, I was lost as to where I should live, eat, socialize, shop, etc... Therefore, this book was made from a new graduate student's perspective on what social elements are good to know in an effort to interest the prospective student, help the future student, and familiarize the current student. This book is not a "final draft" since both students' interests and the surrounding community are always changing; however, it is a handbook that I hope will aid students by showing them the rich cultural merit and the multitude of great places that Louisville has to offer by serving as a navigational guide. I would like to thank both Dr. Paul DeMarco and Dr. Beth Boehm for allowing me the opportunity to develop this project and Mr. Shane Welch for his technological help along the way. Also, I would like to dedicate a special thanks to Shyam Sharma for all his input, comments, and support throughout this process. Finally, thank you to the Graduate Student Council for providing great insight and edits thereby helping this handbook provide a deeper reflection of the graduate student body.

For any suggestions, feedback, or comments please feel free to email me at cemchu01@louisville.edu.

Thank you and enjoy!

Cara McHugh

Graduate Research Assistant for the School of Interdisciplinary and Graduate Studies

I. Helpful Information



A. List of Important Phone Numbers

Police, Fire, Ambulance	911
AAA Emergency Road Service	(502) 423-8222
Greater Louisville, Inc. (Chamber of Commerce)	(502) 625-0000
Louisville Convention & Visitors Bureau	(502) 584-2121
Louisville Free Public Library	(502) 574-1611
Metro Police Dispatch	(502) 574-7111
Sheriff's Department	(502) 574-5400
Time & Temperature	(502) 585-1234
Transit Authority of River City (TARC)	(502) 585-1234
Translation Service (Red Cross)	(502) 589-4450
United States Postal Service	(502) 454-1837
Baptist Hospital East	(502) 897-8100
Jewish Hospital	(502) 587-4011
Jewish Southwest Medical Center	(502) 955-2400
Kosair Children's Hospital	(502) 629-6000
Norton Hospital-Downtown	(502) 629-8000
Norton Audubon Hospital	(502) 636-7111
Norton Suburban Hospital	(502) 893-1000
University of Louisville Hospital	(502) 562-3000
Norton Hospital-Brownsboro	(502) 629-8000
Social Security Administration	(502) 582-6690

B. Before Visiting Louisville:

- ✓ Find a [hotel](#) that accommodates your needs.
- ✓ Know the [weather](#).
- ✓ Check [traffic](#) and road conditions.
- ✓ For up-to-date traffic reports turn radio to 1610 AM.
- ✓ For visitor information turn radio to 530 AM.

C. Before Moving to Louisville:

- ✓ Know the facts: Louisville abides by a smoke-free law for public facilities.
- ✓ Be aware of the sales tax-Louisville (Jefferson County, KY)-6%; Southern Indiana (Clark, Floyd & Harrison Counties)-7%.
- ✓ Know the cost of living, the business climate, and transportation options. (<http://www.liveinlou.com/>).
- ✓ Search the job and real estate [market](#).
- ✓ If traveling internationally, know the [exchange rates](#).
- ✓ Be sure to transfer your [driver's license](#) to the state of Kentucky.
- ✓ Be sure to update your [vehicle tags/registration](#).
- ✓ Be sure to register to [vote](#) in Kentucky.

D. State and Local Government:

Steve Beshear was elected as Governor of Kentucky in November of 2007. Greg Fischer was elected as the 50th Mayor of Louisville on November 2, 2010. The Metro Council consists of 26 seats representing districts apportioned by population throughout the city and county. The residents of the semi-independent municipalities within Louisville Metro are apportioned to districts along with all other county residents. Half (13) of the seats come up for reelection every two years. The council is chaired by a Council President, currently Jim King (D), who is elected by the council members annually. Democrats currently have a 17 to 9 seat majority.

II. Weather








Louisville experiences four distinct seasons. Summer comes quicker while fall tends to last longer, and the relatively short winters bring more rain than snow. The hottest month of the year tends to be July and the coldest month is January. May is usually the wettest month while October is the driest. (Source: www.weather.com and www.wikipedia.com).

Month	Avg. High	Avg. Low	Mean Temp.	Avg. Precip.
January	41° F/ 5° C	25° F/ 3.9° C	33° F/ 0.6° C	3.28 in
February	47° F/ 8.3° C	29° F/ 1.7° C	38° F/ 3.3° C	3.25 in
March	57° F/ 13.9° C	37° F/ 2.8° C	47° F/ 8.3° C	4.41 in
April	67° F/ 19.4° C	46° F/ 7.8° C	56° F/ 13.3° C	3.91 in
May	75° F/ 23.9° C	56° F/ 13.3° C	66° F/ 18.9° C	4.88 in
June	83° F/ 28.3° C	65° F/ 18.3° C	74° F/ 23.3° C	3.76 in
July	87° F/ 30.5° C	70° F/ 21.1° C	78° F/ 25.6° C	4.30 in
August	86° F/ 30° C	68° F/ 20° C	77° F/ 25° C	3.41 in
September	79° F/ 26.1° C	61° F/ 16.1° C	70° F/ 21.1° C	3.05 in
October	68° F/ 20° C	49° F/ 9.4° C	58° F/ 14.4° C	2.79 in
November	56° F/ 13.3° C	39° F/ 3.9° C	48° F/ 8.9° C	3.81 in
December	45° F/ 7.2° C	30° F/ 1.1° C	38° F/ 3.3° C	3.69 in

For summer in Louisville, shorts and short-sleeved shirts are a must. In the winter be sure to own boots, thick winter jackets, and a rain coat. Also, it is pertinent to dress in layers in the winter (thick socks, scarves, hats, etc.). Spring and fall climates fluctuate so always keep a sweater or light jacket close by.

A Few Safe Winter and Snow Driving Tips:

-  Never warm up a vehicle in an enclosed area, such as a garage.
-  Keep your gas tank at least half full to avoid gas line freeze-up.
-  Be aware of black ice, which is a thin coat of ice that is nearly invisible, but very dangerous.
-  Do not use cruise control when driving on any slippery surface (wet, ice, sand).
-  Don't stop if you can avoid it. There's a big difference in the amount of inertia it takes to start moving from a full stop versus how much it takes to get moving while still rolling. If you can slow down enough to keep rolling until a traffic light changes, do it. (Source: <http://www.aaaexchange.com>)

Visit <http://www.crh.noaa.gov/lmk/> for severe weather warnings and continuous weather updates in the Louisville area.

Time Zone: Louisville operates under Eastern Standard Time starting on the second Sunday in March and ending on the first Sunday in November and on Eastern Daylight Saving Time the rest of the year (www.timeanddate.com).

III. Economy

Financial Statistics from August 2010

	City stats	Best places average
Median family income (per year)	\$48,001	\$90,957
Family purchasing power (annual, cost-of-living adjusted)	\$51,670	\$86,860
Sales tax	6.00%	5.45%
State income tax rate (highest bracket)	6.00%*	7.35%
State income tax rate (lowest bracket)	2.00%*	2.96%
Auto insurance premiums (Average for the state)	\$2,083	\$1,707
Job growth % (2000-2005)	-9.09%	15.71%

(Source: <http://money.cnn.com/magazines/moneymag/bplive/2010/snapshots/PL2148000.html>).



Louisville's cost of living is 22.60% lower than the U.S. average.

Louisville's population: 557,710 people (as of 2010). Since 2000, it has had a population growth of -6.18 percent.

Unemployment rate in Louisville: 10.90 percent (U.S. avg. is 10.20%). Recent job growth is negative. Louisville jobs have decreased by 2.47 percent.

The median home cost in Louisville: \$83,460. Home appreciation the last year has been -1.80 percent.

State income tax rate: Ranges from 2.0% to 6.0%

State sales tax rate: 6.0% (groceries, medicines, and utility bills are exempt)

Local income tax rate: Averages 1.75%

Local sales tax rate: None

Property tax rate: Taxable property is assessed at 100% of the fair cash value of the property held on January 1. Rates per \$100 of assessed valuation in 2003: State, \$0.133; Jefferson County, \$0.128; City of Louisville, \$.3764; Jefferson County Schools, \$0.5760.

(Source: <http://www.bestplaces.net/city/kentucky/louisville#>).

-To view more information on the economical market in Louisville, employment data, cost of living statistics and tax rates, visit: <http://www.city-data.com/us-cities/The-South/Louisville-Economy.html>.

-For Economic Development information, visit: http://www.greaterlouisville.com/ed/major_employers.asp.

-For information on The Greater Louisville International Professionals, visit: <http://www.greaterlouisville.com/GLIP/>.

IV. Finances and Employment

MONEY SAVING TIPS

- \$ Borrow videos and books from the library rather than buying them. Visit the university's library website at <http://louisville.edu/library/> or the Louisville Free Public Library at www.lfpl.org .
- \$ Take exercise classes through the university rather than paying for a gym membership. For fitness and wellness information at the university, visit: <http://louisville.edu/intramurals/wellness> .
- \$ Take advantage of student software discounts and free software classes. Visit the Information Technology website at UofL by clicking on the following link: <http://louisville.edu/it/> .
- \$ Take advantage of all free workshops and events that UofL provides. For workshops and events targeted for graduate students visit: www.uofl.edu/graduate/plan.
- \$ Try to reduce your driving. Engage in cheaper means of transportation such as carpooling, walking, biking, or using the free-for-UofL-students bus system, TARC, <http://www.ridetarc.org/>.
- \$ Buy appliances or household goods second-hand (Good-Will, yard sales, Craigslist, used bookstores). For a list of thrift and second-hand stores, visit:
<http://www.thethriftshopper.com/city/Louisville/KY/1.htm> .

B. Discounts

For a list of student discounts offered through the University of Louisville, please visit: <http://php.louisville.edu/admin/humanr/staffdev/discounts/>.

For a list of cellular telephone services that offer student discounts, visit: <http://louisville.edu/it/services/phones/cellular/> .

C. Cost of Living/Tax Information

To view detailed information on taxes and the cost of living in Louisville, [click here](#).

D. Student Job Center

For the University of Louisville Career Center Website, visit: <http://louisville.edu/career/>. This website provides a listing of all on-campus jobs, associated links to off campus jobs, and numerous tips and strategies to jumpstart any career.

E. Off Campus Jobs

Other resources for outside jobs consist of newspaper ads, word of mouth, and online job search engines. For some online job search engines, you can visit: <http://www.job-hunt.org/jobs/kentucky.shtml> or <http://louisville.jobnewsusa.com/> .

F. Assistantships

For information on assistantships offered at the University of Louisville, visit: <http://louisville.edu/student/employment/employmentops>.

G. Fellowships

For a list of scholarship and fellowship information, visit: <http://louisville.edu/rso/gsc/resources/fellowships-and-scholarship-opportunities.html>.

H. Banks and Credit Unions

For a comprehensive list of banks and credit unions located in Louisville, KY, [click here](#).

V. HEALTHCARE



A. Graduate Assistants Healthcare

Graduate Assistants who meet certain criteria will be eligible to receive [university-sponsored student insurance](#) at no charge.

B. Health Plans

The University of Louisville also offers other [academic health plans](#).

C. Insurance and Fees

[Insurance and fees](#) apply to some university health care plans.

D. Dental Resources

The School of Dentistry offers dental services to the community at rates which are substantially lower than those of private dentists. Several options for dental care are available. [Please follow this link to the dental school web site for more information](#) or call 502-852-5096.


E. Vision Resources

20/20 Eyecare offers a UofL discount for students with a valid student ID or they can bill most vision benefit plans. For more information call 502-636-5766 or visit their website for additional locations at www.2020icare.com.

F. International Students Health Information

Many international students will have questions regarding the health insurance requirements for international students at the University of Louisville as well as how health insurance works in the United States. Below are some helpful links.

*[International Health Insurance Requirements](#) including links to how to submit an online insurance waiver.

*[Health Information for International Students Brochure](#)  Includes information on the health insurance requirement, waiver process, how to access care while in Louisville as well as important phone numbers.

G. Counseling Center

The university has professional counselors available to speak with students through the [UofL Counseling Center](#).

H. Health Sciences Center Student Services

Students at the HSC can use the student health services located on the first floor of the UofL Physicians Office Building on the corner of Preston and Chestnut streets. Graduate students at the HSC have access to the School of Medicine [Counseling Services](#).

I. For More Information

For further information regarding all health care programs offered through the University of Louisville, health promotion, and frequently asked questions, visit: <https://louisville.edu/campushealth/>.

VI. Housing

A. Campus Housing/University Apartments

*For University Housing options and University referred outside housing options, visit:
<http://louisville.edu/housing/housingoptions> .

B. Off-Campus Housing Resources

*For Resources to Find Outside Housing, visit:
<http://louisville.about.com/od/movingtolouisville/tp/findinganapartment.htm> or
<http://www.louisvilleky.gov/Visitors/> .

C. Information on Neighborhoods and Available Housing Options

- Information, statistics, demographics, and housing options in [The Highlands](#)
- Information, statistics, demographics, and housing options in [St. Matthews](#)
- Information, statistics, demographics, and housing options in [Old Louisville](#)
- Information, statistics, demographics, and housing options in [Germantown](#)
- Information and housing options [Downtown](#)

D. Questions to Ask When House/ Apartment Hunting

- * How much is the rent/the deposit? Is the deposit refundable?
 - * Is there a penalty fee for late rent payments?
 - * Are any of the utilities included in the rent, and if so, which ones?
 - * How much do the utilities generally run?
 - * Is the apartment gas or electric (or both)?
 - * Is there a minimum lease sign-on?
 - * Are there washer/dryer hookups? If not, are there washer/dryer amenities on site?
 - * What other amenities are provided with the apartment/house?
 - * Are there 24 hour maintenance services?
 - * What is the neighborhood like? Is there a high crime rate?
 - * Is parking available? If so, in a garage or on a street? Is that an extra cost per month?
 - * What is the penalty for breaking the lease? What wear and tear is covered in the lease?
 - * Are pets allowed? If so, what is the cost per month and/or deposit required for a pet?
 - * How close is the nearest police station, fire station, post office, grocery store, bank, restaurant and public transportation?
- (Source: <http://www.life123.com/>).



E. Renter's Right's/ Renter's Insurance

- [Renter's Rights](#)
- [Renter's Insurance](#)

F. Local Utilities (Main)**For Jefferson County, Kentucky**

Gas & Electric Louisville Gas and Electric (LG&E) (502) 589-1444 Visit Their Website	Trash Collection City of Louisville (502) 574-3333 Visit Their Website
Water Louisville Water Company (502) 583-6610 Visit Their Website	Television, Internet, and Phone Service AT&T (888) 757-6500 Visit Their Website
Sewer Metropolitan Sewer District (MSD) (502) 587-0603 Visit Their Website	Television, Internet, and Phone Service Insight Communications (502) 357-4400 Visit Their Website

(Source: For a more complete [list](#), including other counties)

**G. Safety and Crime Statistics**

- The University of Louisville is dedicated to each student's safety. The [campus police website](#) provides crime logs, safety information, and contact information. To view other police departments or crime statistics, click "links" on the above website and you can choose from the list of outside police departments in the Louisville area.
- Updated [crime mapping](#) is also available in viewing a specific address or a general zip code.
- Registered [sex offenders](#) in Louisville are listed by address and description.

VII. Transportation



A. University Parking

[Belknap Campus Parking Map](#)

[HSC Campus Parking Map](#)

B. Bus Schedules/ Pick Up & Drop Off Locales

For information on the **free for UofL students** bus system, TARC (Transit Authority of River City), which has multiple pick up and drop off stations throughout campus, visit: <http://www.ridetarc.org/>. For a direct route from HSC to Belknap campus see #4 and #18 on the [TARC route](#).

C. Biking

[State and local biking regulations](#)

[Safe bike riding routes](#)

D. Bike Shops and Repair Stores

[Local bike shops and rentals](#)

[Bicycle repair shops](#)

E. Auto Repair Shops


[Auto Repair shops](#) in Louisville with reviews and directions.

F. Traffic Camera/Regulations


For constant traffic snapshots and updates visit: http://www.trimarc.org/perl/map_form.pl.

For up-to-date traffic reports turn radio to 1610 AM.

Traffic Regulations:

 For rural sections of Kentucky's interstates the speed limit is 70 mph. The speed limit for interstate highways within city limits and on primary and secondary highways is 55 mph, unless posted otherwise.

 Kentucky has a permissive "right turn on red" law unless otherwise posted.

 Kentucky has a mandatory seatbelt law.

(Source: <http://www.gotolouisville.com/index.aspx>).

G. Driving Tips

- ✓ There are three major highways: I-64, I-71, and I-65.
- ✓ I-264 has been re-named the Watterson Expressway by locals. The Watterson Expressway connects all three interstates to the rest of the community.
- ✓ I-264 West at Dixie Highway is also called the Shawnee Expressway by locals while I-265 is called the Gene Snyder Freeway.
- ✓ I-265 in Indiana is also called the Lee Hamilton Highway by locals.
(Source: <http://www.gotolouisville.com/index.aspx>).

H. Parking Tips

- ✓ Parking meter rates range from \$0.75/hr. to \$1.00/hr., and are limited from 1 hour to 4 hours of parking. Look for signs that have this information.
- ✓ The meters accept nickels, dimes, quarters, dollar coins, and the PARC "[Smart Card](#)".
- ✓ Park your car so that either the front or back bumper is in line with the meter.
- ✓ Meters are enforced Monday through Saturday 7 am to 6 pm.
- ✓ Different restrictions apply to different areas. For more parking tips, visit: <http://www.louisvilleky.gov/PARC>.

I. Taxi Listing

For a list of taxis in Louisville, [click here](#).

J. Air Travel

To view flight information in Louisville, visit the Louisville International Airport website by [clicking here](#).

VIII. STAYING



INFORMED

A. University of Louisville Media News

[The Louisville Cardinal](#)
[UofL Today](#)
[School of Interdisciplinary and Graduate Studies](#)
[SIGS Facebook page](#)
[University Alert System](#)

B. Newspaper and Media News

[Business First](#)
[Courier-Journal](#)
[Lexington Herald-Leader](#)
[Kentucky Press Association](#)
[LEO Weekly](#)
[Louisville.Com](#)
[GradShare](#)

C. Radio

For a list of popular public programs, visit:

<http://www.wfpl.org/>.
<http://www.wfpk.org/>.

University of Louisville Student Radio Station [WLCV](#)

D. Magazines

[Louisville Magazine and Subscription Information](#)
[Kentucky Living](#)

E. Libraries

[University of Louisville Libraries](#)
[Louisville Free Public Libraries](#)



I. ACADEMIC

A. REACH

The [REACH center](#) offers many computer training courses along with tutoring services for all students.

B. The Writing Center

[The Writing Center](#) aids in reviewing students' writing assignments. Students can choose to speak with a consultant in a live chat session or virtually with email writing consultations.

C. The Career Center

From workshops on cover letter writing, to resume reviews, to career fairs; [the Career Center](#) helps student's jumpstart their career.

D. PLAN

SIGS promotes professional and academic development through [PLAN](#) (Professional development, Life skills, Academic development, and Networking) which offers free graduate workshops on a variety of topics such as maintaining a healthy lifestyle, professional planning, and furthering teaching skills.

E. Health Sciences Center Student Resources

The [Office of Graduate and Postdoctoral Studies](#) at the School of Medicine is located in the Medical Instructional Building B-120. SIGS and the International Center have a satellite office in B-120 and hold regular office hours.

II. SOCIAL

A. Social Organizations

The University of Louisville offers an array of [social organizations](#) and clubs to meet students' interests.

B. Religious Organizations

[The Interfaith Center](#) offers worship services, educational programs, and social activities that teach and explore all religious backgrounds. The sponsoring groups are: B'nai B'rith Hillel Foundation, Jewish; Episcopal Campus Ministry, Anglican Catholic; Newman Center, Roman Catholic; The Wesley Foundation, United Methodist. UofL also offers many other [faith based organizations](#) for the student body.

III. GRADUATE ORGANIZATIONS

A. Graduate Student Council

The [Graduate Student Council](#) is a group of representatives from graduate programs whose mission is to set policies that meet the needs and wants of the graduate student body. The GSC also provides graduate students with travel funding, fellowship, and scholarship opportunities.

B. Graduate Program Organizations

Many departmental programs also have [organizations](#) at the graduate level.

X. Family Resources and Parenting

A. Tips for Graduate Student Families



Introduce your children to campus so they can gain some perspective on what it is you are doing when you are away from home.

Try to plan ahead as much as possible with your class schedule, your children's school schedule, your children's after care program, and your exam schedule-remember there will be less stress involved if you plan ahead.

Be up-front and honest with your professors and other classmates from the beginning that you are balancing the dual role of both student and parent.

Find ways to meet other parents in graduate school and if possible, arrange play dates between the children, so you can connect with people who are playing a dual role like you.

Take breaks from your school work to spend time with your children and take breaks from your children to dedicate time to your school work.

(Source: <http://www.grad.wisc.edu/education/gsc/gradguide/>).

B. University of Louisville Childcare Services

For information on the Early Learning Campus, UofL's preschool for university students, faculty, and staff, visit: <http://louisville.edu/education/elc> .

C. Local Schools

- For a list of all elementary, middle and high schools in the Louisville area along with their associated ranking, a map of their location, enrollment statistics, and student/teacher ratios, [click here](#).
- For a comprehensive list of schools, education programs, and colleges in the Louisville area, [click here](#).

D. Local Day Care Centers

For a comprehensive phone book listing of all day care centers with associated reviews, [click here](#).

E. After School Programs

For a "parent's pick" of before/after school programs and child care centers, [click here](#).

F. Summer Camps

- For a list of summer learning opportunities at UofL, [click here](#).
- For a list of UofL athletic camps and clinics, [click here](#).
- For a list of top-rated summer camps for children, [click here](#).

G. Community Resources

For a list of family activities, visit: <http://www.louisville.com/>.



XI. International Students

A. Housing

- See section VI of this handbook, especially the “questions to ask” in subsection D.
- Note that renting an apartment in the US usually involves signing a contract, often for a year.
- Apartments close to campus go out of supply during school seasons, so try to apply early; [university](#) apartments can be easier to rent but must be reserved several months in advance.
- If you want to find a roommate, the [International Center](#) may be able to forward your email to their current and new student mailing list.

B. Transportation

- Public transport in Louisville—[TARC](#) city bus rides—are free for UofL students with university ID card; you can have this card made at the [Cardinal Card office](#).
- If you want to drive to campus, you can buy a parking permit from the [Parking Office](#).

C. Support during Transition

- **Cultural:** The IntersVarsity Interfaith Center (IIC) has several programs for helping new international students, including airport pickup, helping apply for a Social Security Number, shopping, etc; the IIC can be contacted through the [International Center](#).
- **Social:** Consider participating in IIC’s American Family program which puts you in touch with a local family.
- **Legal:** Working students must apply for [Social Security Number](#) (work permit); consider doing this with support from the IntersVarsity Interfaith Center at the International Center.
- **Academic:** About a month after fall semester starts, the School of Interdisciplinary and Graduate Studies (SIGS) organizes an [academic transition workshop](#), which is designed to help new international students learn about the academic culture of the American university.
- **Campus Community:** Also attend the International Center orientation, SIGS orientation, and specific department orientations for a better, smoother transition.

D. Family

- The spouses of students on F-1 visas are not permitted to work; those of J-1 scholars must apply for a work permit to work.
- GTAs and GRAs are provided [health insurance](#) by the university but similar insurance policies are extremely expensive for your spouse, so plan accordingly.
- Children of school age do get to attend [public schools](#), which are free, but you will need to consider other expenses for your children.

E. Tips for Survival



Expect the process of socio-cultural, academic, and climatic adjustment to be challenging.

Go shopping—for grocery and other essentials—with someone who has lived in the city.

Find out about a [bank located on campus](#) whose representatives come to the International Center to help new students set up an account.

Get to know fellow international students through their student organizations.

Sign up for mailing lists in your department and through the International Center. Also, use social networking sites to connect with other students.

Do not hesitate to ask people to clarify information. Instead, ask questions, write it down, use the web, and use this handbook to aid you in your transition.

F. Maintaining Status and Remaining Current on the SEVIS

The Student and Exchange Visitor Information System ([SEVIS](#)) is a web-based system that allows schools, U.S. consulates, U.S. ports of entry, and other U.S. government agencies to exchange data on the visa status of international students and scholars. To be current on the SEVIS:

- Enroll full-time each fall and spring semester.
- Let the International Center know about change of major or degree level, and changes in enrollment, such as failing to enroll or enrolling less than full time.
- Accept employment only on campus and as authorized by your department and the International Center.
- Maintain a valid passport at any time you travel outside the US.
- Keep your I-20 or DS-2019 form valid and up-to-date at all times.
- Update address changes in your ULink account within 10 days of moving.
- Make sure you have your permanent home country address, as well as your mailing address here in the US, current in the ULink system.

G. Maintaining Good Academic Standing

- Meet your department's minimum grade point average expectation.
- Make [expected progress](#) in the degree program.
- Learn about [academic integrity and plagiarism](#), which may be differently understood here in the US compared to your previous society or academic institution.

H. Tips to Succeeding in a New Academic Culture/System

Even though universities may seem universal at first, academic cultures, practices, and standards are different in different countries. Here are some specific tips for successful transition:

- Learn about the difference in [academic culture and practices in the US](#).
- Get connected with more advanced students in your program. Ask if your department has a student mentoring program.
- Do not hesitate to seek help with professors about their course. Visit them during their office hours provided in their course syllabuses or ask for an appointment by email.
- See your academic advisor or mentor for help with more general issues.
- In order to increase your professional skills, as well as to chart a broader course of development as a scholar, attend [the PLAN initiative](#) events organized by SIGS.
- Make use of your previous academic and professional knowledge, skills, and experiences.

(Contributor: Shyam Sharma)

XII.



Shopping

A. **Basics**

[Wal-Mart Stores](#)

[Target Stores](#)

B. **Groceries**

[Kroger Stores](#)

[Aldi Stores](#)

[Whole Foods](#)

[International grocery stores](#)

C. **Farmer's Markets/ Fresh Produce**

[Farmer's Markets](#) with associated locations, hours, and payment accepted.

[The Root Cellar](#) offers locally grown fresh farm produce.

D. **Thrift Stores**

[Thrift and bargain stores](#)

E. **Boutiques**

[Boutiques](#) in the Louisville area

F. **Hair/ Beauty Salons/Barber Shops**

[Beauty services](#)

[Barber shops](#)

G. **Pharmacies**

[Pharmacies](#) in the Louisville area

H. **Laundry and Dry Cleaning**

[Laundromat and dry cleaning services](#)

I. **Book Stores**

[Book stores](#) in the Louisville area

J. **Malls**

Louisville has several different malls, all with a wide genre of stores. [Click here](#) for a listing of the malls with associated locations, hours, profiles, and store collections.


XIII: Recreation and Entertainment

A. Park Listing and Information


For a comprehensive list of parks in Louisville with associated features, [click here](#).


B. Sports




 For sporting events at the University of Louisville, visit: <http://www.uoflsports.com/> .

 For information on the Louisville Kings, Australian football league, visit: <http://louisvillekings.com/> .

 For more information on the Louisville Bats baseball team, visit:
<http://www.minorleaguebaseball.com/index.jsp?sid=t416> .

 For more information on the Louisville Lightning soccer team, visit: <http://www.louisvillelightning.com/>.

 For more information on other Louisville athletic groups and sporting events hosted in Louisville, visit:
<http://louisvillesports.org/>.

C. Golf Courses

For a listing of all public, private, and municipal golf courses, [click here](#).

D. Arts

- [The Kentucky Center for the Performing Arts](#)
- [Actors Theatre of Louisville](#)
- [The Louisville Ballet](#)
- [Local art galleries](#)
- [The Louisville Orchestra](#)
- For a comprehensive list of operas, orchestras, and theatres in the Louisville area, [click here](#).

E. Museums and Cultural Attractions

- [Speed Art Museum](#)
- [Kentucky Derby Museum](#)
- [Frazier International History Museum](#)
- [Kentucky Museum of Art and Craft](#)
- [Muhammad Ali Center](#)
- [Louisville Slugger Museum](#)
- [21c Museum](#)
- [Thomas Edison House](#)
- [Carnegie Center for Art and History](#)
- [Kentucky Center for African American Heritage](#)

F. Bars and Clubs

- For a list of local bars with reviews and descriptions, [click here](#).
- For a list of local clubs with reviews and descriptions, [click here](#).
- To search a bar or club by type or by neighborhood, [click here](#).

G. City Events

- Local events are updated regularly and posted at <http://www.louisville.com/> .
- Events can also be targeted by specific dates at <http://www.gotolouisville.com/> .

H. Live Music



- To find the latest news and performance information on music artists coming to the Louisville area, [click here](#).
- To search music events by genre, locale, or date, [click here](#).

I. Restaurants

- For restaurant articles and reviews, [click here](#).
- For a list of “best restaurants in Louisville” according to reviews and ratings, [click here](#).
- For a list of restaurants which can be refined by ratings, category, distance, neighborhood, or features, [click here](#).
- For information on Louisville Originals, the nation’s first independent restaurant rewards program, [click here](#).



There are a plethora of [events](#) on any given date in Louisville which appeal to a diverse group of people ranging from family activities, nightlife in Louisville, the arts, and sporting events.

Some of the most well known events that are held in Louisville are:  = **Family Friendly**  = **Adult Event**



[The Kentucky Derby Festival:](#) The Kentucky Derby Festival blasts off with Thunder Over Louisville, a huge fireworks celebration, and is followed by a variety of activities ranging from concerts, festivals, the Great Balloon Race, and the Pegasus Parade. The Kentucky Derby horse race caps this month-long celebration which is held each year at Churchill Downs.



[Thunder Over Louisville:](#) A huge fireworks celebration and thunder air show that marks the beginning of the Kentucky Derby Festival.



[The Kentucky Oaks:](#) Held the Friday before Derby, the Kentucky Oaks is a Grade I stake horse race held at Churchill Downs.



[Idea Festival:](#) A world-class event aimed at attracting a diverse group of innovative thinkers to come together and present new ideas.



[4th Street Live:](#) In the heart of downtown Louisville, 4th Street Live consists of a variety of restaurants, hip bars and clubs, and various other fun attractions.



[Abbey Road on the River:](#) Held in downtown Louisville, Abbey Road on the River is the world's biggest Beatles festival.



[Lebowski Fest:](#) A celebration of all things related to The Big Lebowski including bowling, special performers, and costume contests.



[Ironman:](#) An ultra distance triathlon held annually.



[Bourbon Festival:](#) The Bourbon Festival, held in Bardstown, Kentucky, consists of fine bourbon, great food, and exciting entertainment.



St. James Art Fair: The St. James Art Fair, held every October in the Old Louisville area, sells artistic pieces

from over 750 artists around the United States.



Kentucky State Fair: The Kentucky State Fair consists of a variety of attractions from concerts to horse shows to

various exhibitions.



St. Patrick's Day Events and Parade: An annual march down Baxter/Bardstown Road that celebrates

St. Patrick's Day and is followed by various other celebrations.



Bardstown Road Aglow: Held annually in December, this event promotes the holiday season by engaging

community members to walk Bardstown Road and visit some of the great shops and restaurants located in the Highlands.



Zombie Walk: At 8:29 p.m. on 8/29 every year, Bardstown Road is flooded with thousands of people dressed as

Zombies. This event also includes a "Zombie Run" where teams compete in a car race based on clues.



World Festival: Through a mixture of international cuisines, a multitude of performances, and a parade of

cultures; the World Festival celebrates diversity in the Louisville community.



Waterfront Wednesdays: Presented by 91.9 WFPK and Waterfront Development Corporation, Waterfront Park

offers concerts with a variety of artists on the last Wednesday of the month from May to September.



Halloween at the Zoo: The "World's Largest Halloween Party" held at the Louisville Zoo where kids can trick-or-

treat and enjoy many other fun and spooky attractions.



Trolley Hops (Downtown; Frankfort Avenue): Held on the first Friday of every month, the downtown trolley hop

allows residents to jump on a trolley and tour various downtown restaurants, bars, shops, and artistic venues. On the final Friday of each month is the F.A.T. trolley hop that tours various venues in the Frankfort Avenue area.

XV. Neighboring Towns

The biggest cities in close proximity to Louisville, Kentucky are Cincinnati Ohio, Indianapolis, Indiana, and Lexington, Kentucky. However, many other large cities are well within driving or flying distance.

Driving Distance:

Flying Distance:

Atlanta	7 Hours
Birmingham	6 ½ Hours
Chicago	5 Hours
Cincinnati	2 Hours
Cleveland	6 ½ Hours
Columbus, OH	4 Hours
Dayton	3 Hours
Evansville	2 Hours
Huntington, WV	4 Hours
Indianapolis	2 Hours
Kansas City	9 Hours
Knoxville	4 ½ Hours
Memphis	6 Hours
Montgomery	8 Hours
Nashville, TN	3 Hours
St. Louis	5 Hours
Toledo	5 ½ Hours
Washington, DC	10 ½ Hours
Winston-Salem	8 Hours

Atlanta	1 Hour
Birmingham	1 Hour
Boston	3 Hours
Chicago	1 Hour
Dallas	2 Hours
Denver	3 Hours
Detroit	1 Hour
Houston	2 ¼ Hours
Kansas City	2 Hours
Los Angeles	4 1/3 Hours
Miami	2 ¼ Hours
Minneapolis	2 ¼ Hours
New Orleans	2 ¼ Hours
New York	1 ¾ Hours
Philadelphia	1 ½ Hours
Pittsburgh	1 Hour
San Francisco	4 ¼ Hours
Seattle/Tacoma	4 ¾ Hours
St. Louis	3/4 Hour
Washington, DC	1 Hour
Winston-Salem	1 Hour

(Source: <http://www.gotolouisville.com/>).

XVI. Official Louisville "Dictionary"



The Belle of Louisville: The oldest Mississippi-style steamboat in operation located at Waterfront Park in downtown Louisville.

The Brown/ The Seelbach/ The Galt House: Three of Louisville's premiere hotels which are all located downtown.

Hot Browns: The Hot Brown is an open-faced sandwich that contains turkey and bacon and is covered in Mornay sauce and baked until the bread is crisp causing the sauce to turn brown in color. The sandwich was first created at the Brown Hotel in Louisville.

Gene Snyder Freeway: What locals have named I-265 in Louisville.

Kentuckiana: Louisville sits right on the borders of Southern Indiana. As such, many residents of the Indiana border cities, namely Jeffersonville, Clarksville, New Albany, and Corydon, come to Louisville to work, eat, drink, and shop. Additionally, the cities are in such close proximity that the local media outlets cover news in all of the cities. The result of this combined media coverage resulted in a term that refers to both Louisville and Southern Indiana – Kentuckiana. You'll hear this word used in general conversation, hear it on the news, and read it in the paper daily. Taken directly from: <http://louisville.about.com/od/neighborhoodscities/tp/ThingsYouNeedToKnow.htm>

Kentucky Derby: The Kentucky Derby Festival blasts off with Thunder Over Louisville, a huge fireworks celebration, and is followed by a variety of activities ranging from concerts, festivals, and the Pegasus Parade. The Kentucky Derby horse race caps this month long celebration which is held each year at Churchill Downs.

Lee Hamilton Highway: What locals have named I-265 in Indiana.

Lewisville vs. Looavull vs. Looaville vs. Luhvull: A sign on the front of the Louisville Visitors Center mocks the different ways that people pronounce the name of our city: "Lewisville," "Loeeyville," "Looavull," "Looaville," and "Luhvull." Phonetically, it would seem that the "Lewisville" or "Loeeyville" pronunciations would be correct. However, pronouncing the name of your new home either of those ways is sure to give you away as an outsider. The pronunciation that most Louisville residents use is "Looavull," though "Looaville" and "Luhvull" aren't uncommon. Taken directly from: <http://louisville.about.com/od/neighborhoodscities/tp/ThingsYouNeedToKnow.htm>

Louisville Slugger: The official bat for Major League Baseball. Louisville houses both a factory and a museum showing the historical significance of the bat located downtown on Main Street.

Louisvillians: Term for the native peoples of Louisville.

Watterson Expressway: What locals have named I-264.