

Welcome International Students

A Resource Guide to Student Housing specifically
designed for our students from around the globe.



Bienvenue Dobro došli 환영합니다 Bun venit Merhaba
Добро пожаловать Benvenuto Aloha Salaam
Hoşgeldin Willkommen Mabuhay Bem-vindo
Dobrodoshli **WELCOME!** Xoş 歡迎
Bienvenidos Fáilte roimh
Chào mừng Akeyi Welkom Karibu
Titambi- Isten hozta Maligayang pagdating
欢迎 Тавтай морилогтун
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Vitejte კეთილი იყოს თქვენი მოზრძანება

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Regent Student Housing

Thank you for your interest in Regent University Student Housing. Our mission is to provide students a safe, clean, and well-maintained environment that is conducive to academic excellence, individual accountability, community development and living a Christ-centered life.

Student Housing is dedicated to providing housing to full-time (9 credits per term for graduate students, 12 credits per term for undergraduate students) on-campus students. Two housing facilities are available to serve the housing needs of the Regent student community. Apartments in Regent Village are reserved primarily for graduate students with families or married couples. Housing for single undergraduate and graduate students is available in Regent Commons.

Regent Village has two and three bedroom apartments. The kitchens include a refrigerator, stove, garbage disposal, and dishwasher (in Phase II there are also electric washer/dryer hook-ups). There are laundry facilities, a grilling area, playground, and basketball and volleyball courts on the premises. Activities for students and their family members are planned by both members of the residential community and Student Housing staff. In the past, parents have coordinated youth sports seasons open to children of the Regent University community.

- All apartments are unfurnished.
- Utilities included in rental rates are water, sewer and garbage. Electricity and phone are the responsibility of the resident.
- Pets are not allowed (except fresh water fish in 5 gallon or smaller tanks).
- Families with children must live downstairs (for safety reasons).
- Virginia Law prohibits more than two persons per room.
- Children of different genders cannot share a room.

Regent Commons housing assignments are available to single undergraduate and graduate students. This facility is comprised of two four-story buildings with elevators and fully-furnished housing assignments. The floor plans include studio, one-bedroom, and four-bedroom suites. Regent Commons is conveniently located on campus and easily accessible to all campus facilities. Kitchens include a refrigerator, stove/oven, dishwasher, and microwave oven.

- Fully furnished apartments
- Electricity and water
- Basic cable television and wireless internet service
- 24 hour accessible state-of-the-art fitness center & outdoor volleyball court
- Secured buildings with intercom system
- Planned social activities

Regent University Student Housing
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(757) 352-4890



Housing Questions

What does it mean that an apartment is furnished or unfurnished?

The terms “furnished” and “unfurnished” relate to whether or not a room comes with all necessary furniture. Regent Commons is furnished meaning that they are filled with a bed, a desk, table, chairs, dressers, couches, TV stands, etc. Regent Village is unfurnished meaning that the apartments are empty and the residents must bring their furniture with them to fill the space.

If I’m living in a “furnished” room, what should I bring with me?

Even though a room is furnished it does not mean that it has everything you need to live there. Residents will need to bring bed sheets, towels, a shower curtain, dishes, silverware, cooking pans, clothes, books and other personal items.

I am a single student, how do I find a roommate?

If you apply to Regent Commons, we will automatically assign you a roommate and you do not need to find one on your own. Our goal is to house international students with domestic students so that you can become acclimated to American culture. If a resident has a particular Regent student in mind for a roommate, they can request to be housed together.

I live in Regent Commons, why are the doors locked and how can my friends visit me?

Regent Commons front doors automatically lock for security purposes. Every resident is issued a student ID that also acts as their key card to enter the Commons buildings. Outside every entrance to Regent Commons is a small black key pad where you can wave your access card and the doors will unlock so you can open them. Friends can visit residents by using the intercom located at the front entrances to buildings 1117 and 1133. In order to use the intercom, residents must have a land line telephone. Visitors may use the intercom directory to scroll through the room numbers and “call” the room they are trying to visit. The resident’s phone will ring, they can answer it and speak to the visitors through the telephone. In order to unlock the doors and let the visitors in, the resident must press the number **9** on their telephone and the entrance doors will buzz open.

I was cooking and a loud beeping sound keeps going off!

All apartments in Student Housing have smoke detector alarms. This means that if the apartment becomes really smoky, the alarms will go off to warn the residents of a possible fire. If the alarm goes off and you know that there is no fire, just smoke from the stove, you can stop the alarm by fanning the air just in front of the alarm. It is best to turn the oven fan on (located just above the stove) and maybe open a window to help the air circulate. If the fire alarm goes off and you do not know the cause, it is best to evacuate the buildings in case of a possible fire. If you do have a fire in your room, please use the fire extinguisher (located in the hallways) to attempt to put out the fire. Smoke alarms are designed to be of service to the safety of residents and attempting to remove the batteries or harm the smoke alarm is a violation of Student Housing policy.

Also, because of fire hazards, candles and incense are not allowed in Regent Commons.

Housing Questions

How do I operate the thermostat?

Every housing assignment comes with an individual thermostat that allows residents to adjust the temperature in their room. Regent Commons residents do not pay extra for their heat/air; however Regent Village residents do.

WINTER: To heat your rooms, turn the thermostat on to “heat” and adjust the temperature you wish to maintain. If you are going out of town for an extended period of time and wish to save energy by turning the heat off, turn the temperature down to a low degree. Do not turn the thermostat “off” as in the cold weather, the pipes are capable of freezing over.

SUMMER: To cool your rooms with air conditioning, turn your thermostat to “cool” and adjust the temperature you wish to maintain. Regent Commons residents also have ceiling fans to help cool the air in their bedrooms. It is important to ensure that all windows are firmly shut and locked before turning the air on. Any open windows will let the cool air escape and inhibit the air from cooling down.

SPRING/FALL: When the outside temperature is comfortable, and it is not necessary to have heat or air conditioning on, turn the thermostat to “off.”

If your heat or air conditioning does not appear to be working, you must submit an online maintenance request and maintenance will come and fix the problem. Maintenance requests are submitted online at the Student Housing website.

Maintenance Information

The Housing Maintenance Department responds to online work order requests within 24 hours. Requests given over the weekend will be addressed on Monday. When a work order is placed, that is your invitation for us to enter your apartment, at our earliest convenience, to meet your maintenance needs. We knock several times before entering your apartment to respect your privacy.

One person is on-call for emergencies after 5:00 p.m. on weekdays and all day on weekends. This person can be contacted through CBN Security at 757-226-2075 and should only be done so **IN CASES OF EMERGENCIES**. Please respect their time. Maintenance emergencies include an inoperable toilet in an apartment where there is only one toilet, a hot water heater leaking, water accumulating on the floor, no air conditioning in extreme heat (90+ degrees or less) or no heat in extreme cold weather conditions (50 degrees or less). Maintenance will not respond to routine maintenance needs after hours, and they reserve the right to use their discretion.

How do I submit a maintenance request?

Maintenance requests are submitted online through the Student Housing website. Please be sure to include your name and full housing assignment address. For example, if you live in apartment 202, please specify which building as well so maintenance can find the correct apartment. Also, if you live in a four-bedroom suite, specify which room is yours so maintenance will not enter the wrong room.

Housing Questions

How do operate the laundry machines?

Both Regent Commons and Regent Village have laundry rooms for residents. The laundry room in the Village is located in the Community building by the playground. The laundry rooms in the Commons are located on the first floor of each building. **Important note:** Laundry is free in Regent Commons because it is included in the housing fee; however in the Village residents must pay in change (please use American coins only) to operate the machines.

How to operate the washing machines:

If you are unfamiliar with automatic washing machines, please read the tips and instructions below. Directions are also provided on the individual washing machines.

- Fill the machine with desired amount of laundry detergent (this is a specially designed soap for laundry that you will need to provide)
- Fill the machine with clothes to be washed (it is best to separate light colors from dark colors and wash them in different machines)
- Close the lid
- Select the wash cycle
- Water will automatically fill the machine and wash the clothes

How to operate the clothes dryer:

In the United States, most people use dryers to dry their clothes instead of clothes lines. If this is unfamiliar to you, please read the following tips and instructions.

- Place wet clothes into dryer and close the door
- Select dry cycle
- Machine will automatically start and timer will indicate how much time is left

***Tips for using the Laundry Rooms ***

The machines will indicate how much time remains in a cycle. Please be aware of this timer and do not leave clothes in the machines longer than 15 minutes after the cycle has ended, as other resident may need to use the machines.

In the interest of health, hygiene, and preventing theft, any clothes or other laundry items left in laundry machines or anywhere in the laundry rooms more than 48 hours will be disposed of by Student Housing Housekeeping staff.

Pest Control

Routine inspections are conducted monthly for pest control. You will be notified when your room assignment is scheduled for a pest control inspection. If you have a specific pest problem, contact the housing office and they will make sure your room is treated on the next inspection date. Residents are welcome to use their own means for monitoring pest problems if desired (mouse traps, insect repellent, etc.) however you are not required to do so.

Roommate Guide

THE ROOMMATE LIFE...

...can be one of the highlights of your Regent University experience. Relationships can be developed that are meaningful and lifelong. It is an opportunity to learn, grow and develop. However, a positive roommate experience doesn't happen automatically. It requires understanding and genuine communication. It also compels us to prayer and the application of God's principles for daily living.

Here are some things to think about and discuss with your roommates:

HOUSEKEEPING

- What standards do you like?
- What areas of the living space will be whose responsibility? When?
- How will you resolve disagreements or unmet expectations in the future?

MEALS

- Will you share mealtime?
- Who will cook?
- How will you divide food and utensils?

MUSIC & TV

- What are your listening or viewing habits?
- How loud do you like your music?
- What hours should these be limited to?

SHARING

- Do you mind borrowing or lending money, equipment, or personal items?
- What items do you not like to be used?
- What do you consider your personal space?

SLEEPING

- What are your sleeping habits?
- Do you take naps? When?
- Can you sleep with lights or music on?

STUDYING

- When?
- Where? Primarily at home or at school?
- Do you like music on?

TRANSPORTATION

- Do you have your own transportation?
- Are you willing to give transportation?

VISITORS

- When do you want/not want visitors?
- How much privacy do you like?
- How long and how frequent should visits be?

SPIRITUAL LIFE

- Do you desire to have a regular time of prayer and/or fellowship with your roommate(s)?
- How often?

"It's not wrong, just different"

The important thing to remember when living with new roommates is flexibility. It may be necessary to make compromises on lifestyle standards or habits. Realize that your roommate may have different values that are associated with a culture different from yours. Communicate with your roommates about what you may be going through. The most important thing is being flexible and remembering that another person's cultural habits are not wrong, just different. The important thing is to be honest, open, and flexible. If there is a disappointment or offense, confront your roommate about it. Be honest about your feelings and allow them to make an explanation. If further problems arise between roommates, talk to your Resident Assistant (RA) about it.

Community Events

If you live in Regent Commons, you will have a designated hall Resident Assistant (R.A.). RAs are here for you! They will plan monthly activities to engage residents in the housing community as well as be available for residents to talk with, answer questions, pray with, and help their residents in any way they can. RAs are well-trained in building community, facilitating roommate agreements and mediations, enforcing residence hall and University policies, and serving as first responders to medical emergencies in the buildings.

If you live in the Regent Village, you will have friendly and helpful Student Housing on-site who will be able to assist you in the same ways RAs do. Additionally, Regent Village staff regularly facilitate community events for students and their families.

Some of the events and activities Student Housing Staff regularly facilitate include the following:

- Culture in the Commons—a progressive dinner that international students are invited to participate in by cooking some of the foods from their native countries to share with new friends.
- The Annual Fall Festival: An event held in Regent Village which includes hayrides, games, music, food and numerous opportunities for Christian fellowship.
- The Regent Regatta: a makeshift boat race held in the pond behind the Regent Commons. Students form teams and build boats to race against other student teams.
- Movie on the Lawn: An event held in Regent Village. Students and their families watch a family-friendly movie on the Regent Village Soccer Field and are provided with free refreshments.



Off-Campus Housing Terms

If you choose to move off campus, here are some housing terms we encourage you to familiarize yourself with before you sign a rental agreement.

Efficiency/Studio apartment- Large, one-room apartment with bathroom and small kitchen area.

Furnished apartment- An apartment that is rented with furniture. Usually costs more than an unfurnished apartment and can be harder to locate.

Unfurnished apartment- An apartment that is rented without furniture. Less expensive than a furnished apartment, but you must buy or rent your sofa, bed, table, TV, etc.

Landlord - The leasing Agent, person, or company who owns and/or manages property that is leased or rented to others.

Tenant - The person who is living in the apartment.

Manager - A person who manages the property for the Landlord and collects rent payments.

Lease -A legally binding contract between a Landlord and Tenant that specifies the terms or conditions for renting and living in the apartment (also known as property).

Month-to-month lease - This type of lease commits the Landlord and Tenant to a 30-day time period for use of the rental apartment. The Tenant is free to terminate the lease as long as proper notice has been given to the Landlord. The Landlord is free to change the terms of the lease each month, like raising the rent or asking the Tenant to leave.

Six-month lease - This type of lease commits the Landlord and Tenant to a six-month time period for use of the rental apartment. The Tenant is free to terminate the lease at the end of the specified time period as long as proper notice has been given to the Landlord. Short-term leases are generally more expensive.

Yearly lease - This type of lease commits the Landlord and the Tenant to a 12-month time period for use of the rental apartment. The Tenant can only terminate this lease at the end of the specified time period and must give at least a 30-day notice stating Tenant's plans to move out of the apartment.

Occupancy regulations - Rules and restrictions that allow the maximum of a certain number of people to live in the rental apartment during the specified time period of the lease.

Renter insurance- Insurance that allows a Tenant to insure his or her possessions against loss through theft or fire. Renter insurance is usually available at inexpensive rates through major insurance companies.

Repairs - A lease should specify whether the Tenant or Landlord is responsible for repairs on the rental apartment. Without a provision for repairs in the lease, it may be very difficult to persuade a Landlord to make needed repairs.

Security deposit- The advance payment of a sum of money (usually one month's rent) to a Landlord or Manager before renting the apartment. The deposit may or may not be refunded or returned at the end of the specified lease period, depending on the policy of the Landlord or Manager, local laws, and how well you maintain the rental apartment during your stay.

Subletting - When a Tenant leases property that he, himself, is renting to another Tenant. A lease should outline whether this is allowed, and if so, what the rules are. Subletting usually requires written permission from the Landlord or Manager. Subletting without permission may involve significant legal penalties.

Utilities - The name given to services such as electricity, gas, and water. Some rents include the cost of utilities, some do not. If utility costs are not included in the rent, the Tenant is expected to

*Off-campus housing information is available on our
Student Housing website at
http://www.regent.edu/campus/housing/off_campus.cfm*



Cultural Adjustment & Transitioning

“Culture is central to the experience of living overseas.” Although Robert Kohls, in his book *Survival Kit for Overseas Living* (4th ed. 2001), wrote, “for Americans planning to live and work abroad”, international students in the States certainly share similar experiences of cultural adjustments and transitioning while pursuing their studies. No matter how well the international students offices prepare the incoming students before their arrival, they are bound to experience some kind of culture shock and, as a result, find ways to adapt and survive. Even for international students who have studied the English Language since kindergarten, they may still have difficulties, at least for a while, in listening and understanding American English in a cultural context. The following are some of the feelings and survival tips expressed and provided by the international students and advisors.

Feelings of Being Overwhelmed: The excitement of living in a new country and environment, meeting new friends, tasting new cuisines, but at the same time being homesick, are common feelings expressed by new international students. Although Americans are friendly and welcoming to international students, sometimes their “openness and political correctness can be overwhelming”. The details of housing arrangements, noise level in the dormitory, different means of transportation, too many choices and decisions to make, or frequent invitations to orientation sessions, can be mind boggling. A comprehensive orientation program, which tries to provide all the academic, social, intercultural, and immigration information, can be “over-stuffed”. Students feel that they do not have the “down-time” to adjust, and reflect.

Culture Shock: Culture obviously reflects one’s values and international students sometimes may face with conflicting values with their American counterparts. Americans are goal, action (stress on what you are doing) oriented and individualistic. Whereas, people from some other cultures tend to be process, “being” (stress on who you are) and group oriented. To some Americans, being friendly is a goal or action of an individual. However, international students may be looking for someone to “befriend” and develop a long-term relationship with. Friendship is taken as more superficial in some cultures than in others. A simple “how are you?” is only a greeting, which does not lead to a conversation to find out how somebody is feeling. It can be surprising to see international students actually stop and prepare to respond how they feel, only to find that the greeter is already 10 feet away, walking towards another destination.

International students will also become aware that the real America is so different than what has been portrayed by the media and pop culture. Hollywood movies, celebrities, TV programs, fast food, and other chain stores “are not necessarily good representations of a very complicated U.S.A.”. Some of the campus communities can be very insulated and thus not represent the true American culture. Depending on individual campuses, “diversity” may have different meanings or carried American flavor. “Hate-love confusion” and a little disappointment while transitioning and understanding the culture are normal, and students will adapt and accept gradually. Especially with communication styles: body language, eye contact, personal space, or facial expressions; it takes time to find out “where cultural difference stops and where personal difference starts”.

Cultural Adjustment & Transitioning

Survival Tips for International Students

When you feel “overwhelmed”, you should talk to people. One on one especially with someone who has the time and patience to listen, and then gradually into groups where you will meet new people. Or you may want to hang out with people from a common background, other international students who can empathize with your feelings. While designing the orientation program, the International Student Office should provide relaxation sessions such as social/tea/coffee hours, movie night, or “buddy night” for international students.

- **Prepare for “homesickness”.** Students recommend buying international phone cards as a ‘must-have’ because talking to loved ones can really strengthen you through hard times. Also, bringing some memorabilia, photos, posters, music, or artwork from your country can make the transition as smooth as possible. The more you can imitate the feeling of home in your room, the better you will be able to cope with homesickness. You can also keep yourself occupied with studies, work, by hanging out with friends, or volunteering in student or community organizations. The busier you are, the less you will think of home.
- Be patient and open-minded. It takes time to “use” a new language, “slang”, or to get used to the food, customs, and “live in a culture”. Don't hesitate to ask questions. Americans are always friendly and willing to offer help. Those who are ashamed to ask will eventually lose their way. Don't be afraid to talk to people. Try to initiate a conversation at appropriate times. Sometimes a simple American greeting like “what's up?” and a “high-five” gesture can go a long way in “fitting-in”. It shows your effort of learning the culture.
- Stay active and healthy, get involved, and be inclusive. Although you may feel comfortable speaking your language, hanging out with friends from your own country, and participating in the international student organization, try to include Americans in your activity or discussion. Speak English when there are other students around, and avoid building an “exclusive club” of your group. Be proud to be your cultural ambassador. Americans are eager to learn from you about your culture. Eat, sleep and exercise to stay both physically and mentally healthy. This will sustain a positive attitude while adjusting and adapting to a new culture.
- Lastly, remember that you come to study in the States not only for grades and degrees, but also for a social life and community, and learning the culture. Allow yourself to be integrated into an on and off campus community, and participate in departmental and student activities, registered student clubs, and other volunteer organizations. If resources are available, take advantage of the time you are in the States, go travel and see different parts of the United States. This will enable you to enjoy your experience!

Editorial provided by Mr. Richard Yam, International Student Advisor at the University of Massachusetts Amherst.

<http://www.internationalstudentguidetotheusa.com/articles/cultureadjust.php>

An Adventure in American Culture & Values

Studying in the United States of America can be a wonderful learning experience. Both in and out of the classroom you will learn and practice the English language. You will also learn much about American life and it is sometimes a confusing culture. As you prepare to come to the U.S., it may help to know something about the values that shape U.S. Americans' attitudes and behaviors. As you consider these values it is important to remember that:

- U.S. society is made up of a diversity of ethnic groups and cultures that have helped shape American values
- Some individuals and groups have a set of respected values that are quite different from those of mainstream America
- People's attitudes and behavior are based on their values.

Values at Regent University

Christ-Centeredness: Regent University has as its focal point the teachings, practices and person of Jesus Christ.

Excellence: Regent will be recognized for its excellence in education, scholarship, service and workplace. Christ demands no less than this from us and our constituents deserve nothing less.

Integrity: In all activities Regent will display the highest level of integrity. We will develop bonds based on trust and endeavor to maintain that trust with faculty, staff, students and others who interact with us.

Innovation: Regent will continue to promote and reward innovation in order to remain at the forefront of higher education and be prepared to implement change as the world demands it.

American Values

Individuality: Americans are encouraged at an early age to be independent and to develop their own goals in life. They are encouraged to not depend (too much) on others including their friends, teachers and parents. They are rewarded when they try harder to reach their goals.

Privacy: Americans like their privacy and enjoy spending time alone. Foreign visitors will find American homes and offices open, but what is inside the American mind is considered to be private. To ask the question "What is on your mind?" may be considered by some to be intrusive, unless the question is asked by a personal friend.

Equality: Americans uphold the ideal that everyone "is created equal" and has the same rights. This includes women as well as men of all ethnic and cultural groups living in the U.S. There are even laws that protect this "right to equality" in its various forms. The general lack of deference to people in authority is one example of equality. Titles, such as "sir" and "madam" are seldom used. Managers, directors, presidents and even university instructors are often addressed by their first or given name. However, it is a good rule to address Professors by their titles unless instructed otherwise.

An Adventure in American Culture & Values

Time: Americans take pride in making the best use of their time. In the business world, “time is money”. Being “on time” for class, an appointment, or for dinner with your friends is important. Americans apologize if they are late. Some instructors give demerits to students who are late to class, and students at most universities have institutional permission to leave the classroom if their instructor is 10 or 15 minutes late.

Informality: The American lifestyle is generally casual. You will see students going to class in shorts and t-shirts. Male instructors seldom wear a tie and some may even wear blue jeans. Female instructors often wear slacks along with comfortable walking shoes. Greetings and farewells are usually short, informal and friendly. Students may greet each other with “hi”, “how are you?” and “what's up?” The farewell can be as brief as: “See you”, “take it easy”, or, “come by some time” (although they generally don't really mean it). Friendships are also casual, as Americans seem to easily develop and end friendships.

Achievement & Hard Work/Play: The foreign visitor is often impressed at how achievement oriented Americans are and how hard they both work and play. A competitive spirit is often the motivating factor to work harder. Americans often compete with themselves as well as others. They feel good when they “beat their own record” in an athletic event or other types of competition. Americans seem to always be “on the go”, because sitting quietly doing nothing seems like a waste of time.

Direct & Assertive: Americans try to work out their differences face-to-face and without a mediator. They are encouraged to speak up and give their opinions. Students are often invited to challenge or disagree with certain points in the lecture. This manner of direct speaking is often interpreted by foreign visitors as rude.

Looking to the Future and to Change: Children are often asked what they want to be “when they grow up”; college students are asked what they will do when they graduate; and professors plan what they will do when they retire. Change is often equated with progress and holding on to traditions seems to imply old and outdated ways. Even though Americans are recycling more than before many purchased products are designed to have a short life and then be thrown away.

Adjustment & Culture "Shock"

You may notice that these American values are, in some instances, quite different from your own. When you come to the U.S. the reality of these differences will be more evident. You will likely experience culture “shock” as you learn to adjust to the new culture and way of living. This is very normal and requires both time and patience.

Your decision to study in the United States will provide you with endless opportunities to learn about a new culture and about yourself as well. You will also have a chance to “educate” Americans about your own country and cultural values.

Provided by Marian Beane, Director, International Student/Scholar Office, UNC Charlotte.
<http://www.internationalstudentguidetotheusa.com/articles/culture.php>

Tips for Assuring Safety On and Off Campus

Regent Campus Police regularly visit both Regent Commons and Regent Village as they patrol and monitor the safety of our campus. If you ever have any concerns or questions about safety at Regent, you may contact Campus Police at (757) 226-2075. For any emergencies, call security at (757) 226-2911 or use the emergency booths located throughout campus.

Personal Safety

Basic rules:

- If you notice someone who seems out of place or behaves suspiciously, report the person to security or the police.
- Be aware of your surroundings.
- Use the buddy system.
- If you must travel somewhere alone, make sure a roommate, close friend or relative knows where you are going and when you are expected back.
- Keep room/apartment doors locked at all times. Keep a list of emergency numbers by the phone.
- Do not accept rides with strangers or with persons who may be intoxicated.
- Never reveal your phone number to a wrong number caller. Ask what number they dialed and advise them to try it again.
- Don't reveal to a caller that you are home alone, and hang up on obscene callers.
- Don't give out personal information to a stranger on the phone.
- Report abandoned or suspicious packages or bags to security or the police.
- Carry a cellular phone.
- Carry only necessary cash and credit cards.

When walking to campus:

- Walk with confidence and take note of your surroundings. Avoid shortcuts.
- After dark, walk with others or use a shuttle service.
- Use well-lit walkways.
- Walk facing traffic.
- Make mental notes about the locations of emergency phones/pay phones along your route.
- If carrying a purse, keep it closed and close to your body.
- Don't listen to music when walking alone.