Oakland, celebrating its 175 years of legacy in 2014, is the third-largest economic center in Pennsylvania. It is the academic, social, cultural, recreational, and health care epicenter of Pittsburgh but still retains a vibrant and diverse residential community. It has the energy and excitement that come from being home to major universities, museums, and hospitals and is served by numerous shopping and dining establishments.

Oakland has a thriving community of long-term residents and their families as well as students. There are families who have lived here for several generations. It is a historic neighborhood dating back to the 1600s and is home to the University of Pittsburgh, which moved to Oakland in 1908. It also is home to the Carnegie Museum of Art and Natural History, Carnegie Library of Pittsburgh, Soldiers & Sailors Memorial Hall & Museum, the Frick Fine Arts Building, and Pitt’s iconic Cathedral of Learning, with Phipps Conservatory and Carnegie Mellon University in close proximity.

Tens of thousands commute to Oakland every day to work, study, receive treatment, or visit cultural and hospitality centers. Pitt students live in student housing on campus and in the residential neighborhoods of Oakland and nearby communities.

Oakland is broadly composed of four neighborhoods: North, West, Central, and South Oakland.

North Oakland is roughly the area between Neville and Bouquet streets and includes the Cathedral of Learning and other landmark campus buildings, extending north to Polish Hill.

Central Oakland, with the largest population of off-campus students, is bordered by Schenley Park, the Boulevard of the Allies, Fifth Avenue, and Halket Street.

Central Oakland, with the largest population of off-campus students, is bordered by Schenley Park, the Boulevard of the Allies, Fifth Avenue, and Halket Street.

South Oakland is situated between the Boulevard of the Allies and the Monongahela River, split into two separate areas by Bates Street.

West Oakland is bordered by Fifth Avenue in the south, DeSoto Street in the east, the Birmingham Bridge to the west, and Allequippa Street to the north. Many Pitt upper campus facilities and residence halls are located in this area.

Visit: en.wikipedia.org/wiki/Oakland_(Pittsburgh)

“The City Is Our Campus”

A central tenet of Pitt’s mission is to “make available to local communities and public agencies the expertise of the University in ways that are consistent with the primary teaching and research functions,” which challenges us all to seek out opportunities to serve in our communities.

Due to the stellar work of Pitt faculty, staff, and students, Pitt has earned numerous national and local accolades for its community engagement, including being the highest ranked public university in the most recent “Saviors of Our Cities” report, being named to the US President’s Honor Roll, being named a United Way Good Neighbor, and numerous City of Pittsburgh recognitions, among several other regional and national recognitions and awards.

Working closely with our partners, which include community organizations, schools, agencies, local government, and other institutions, more than 17,000 students, faculty, and staff engaged in community projects in 2013, performing 450,000 hours of work supporting education, health, employment, entrepreneurship, and technology and enhancing the capabilities of our valued citizens and partners.

More at: www.pitt.edu/community
Looking for the Right Place to Live

Freshman students are strongly encouraged to live in on-campus housing. However, if you choose to live off-campus, give yourself as much time as possible — try to start the process as early as possible in advance of your target move in date. Some of the most popular units are rented a year in advance. Let your peers and others know that you are looking — they may have great suggestions for you.

There are many resources available to students looking for rental property:

- Pitt Off-Campus Living (OCL) Website - www.ocl.pitt.edu has comprehensive information on housing and related topics.
- Off-campus housing options (including University owned apartments): www.ocl.pitt.edu/apartments/resources.html
- Roommates/Sublets: www.ocl.pitt.edu/sublets
- Landlord Survey Results are listed (login required) at: https://sbs.ucsur.pitt.edu/ocrc/
- Online guides and listings, including The Pitt News: www.pittnews.com/classifieds/
- For more information on Pittsburgh - places to live and things to do: www.coolpgh.pitt.edu
- Previous tenants or others may still have keys for the apartment — ask your landlord to change or re-key the locks, or if not, ask if you can do this and give them a copy.

Picking a place close to a Pitt shuttle route or the public bus line will help. Most streets are permit parking zones with very few spaces, and permits can take time to obtain. To avoid getting ticketed in the first few days, ask your landlord if they have a guest/temporary one.

Important Things to Look for

Though most areas are safe, not all neighborhoods or housing units offer a safe environment. Safety and security should be a priority when selecting off-campus housing. Visit the property during the day and evening to observe the lighting and safety conditions.

Consider the following things when looking at a potential unit:

**Lighting:** Are the unit and its surroundings, including the street, parking lots, entrances, lobbies, etc., well lit? Is there emergency lighting?  

**Surroundings:** Are there trees, shrubs where someone could hide? Is there a clear view of the outside from windows and doors?  

**Doors:** Are all exterior doors made of sturdy wood or metal? Are doorframes in good condition? Do the locks work? Is there a deadbolt? Are there peepholes installed in the doors?  

**Windows:** Are screens and windows in good condition? Are there working locks on the windows? Ask if any problems can be fixed.  

**Storage:** Do storage areas/garages have doors that can be locked?  

**Fire safety:** Are there smoke detectors and fire extinguishers provided? Is it quick and easy to evacuate the building in case of fire? Are there fire exit stairs? Are there smoke detectors in each bedroom? Does the unit have carbon monoxide detectors? Has the heating system been inspected recently? Ask about response time of EMS, police, and fire personnel.  

**Maintenance/appearance:** Does the unit appear to be well maintained? Are pathways, stairways, railings, and balconies secure/free of debris? Does the roof appear to be well maintained? Are there any leak stains on ceilings?  

**Paint:** In older housing, there is a risk that the paint is lead based, which can be a hazard. Any rental housing built before 1978 should have a state lead paint warning poster or a copy of a form attached to the lease.  

**Occupancy permit:** Is there a valid occupancy permit (certificate of occupancy) posted in the building?  

**Additional information:** [www.ocl.pitt.edu/renters-checklist](http://www.ocl.pitt.edu/renters-checklist)

Budgeting for Your Living Expenses

**Monthly Budget Template**

<table>
<thead>
<tr>
<th>Income</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Money from home</td>
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<tr>
<td>Money from savings</td>
<td></td>
</tr>
<tr>
<td>Money from work</td>
<td></td>
</tr>
<tr>
<td>Scholarship/grant/loan</td>
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<tr>
<td>Other income</td>
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<tr>
<td>Total</td>
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</table>

<table>
<thead>
<tr>
<th>Expenses</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Regularly occurring expenses</td>
<td></td>
</tr>
<tr>
<td>Rent</td>
<td></td>
</tr>
<tr>
<td>Car payment &amp; insurance</td>
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</tr>
<tr>
<td>Gas for car</td>
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<tr>
<td>Credit card payment</td>
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<tr>
<td>Health insurance</td>
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<td>Emergency fund</td>
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<tr>
<td>Natural gas service</td>
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<td>Water service</td>
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<td>Cell phone service</td>
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<tr>
<td>Cable service</td>
<td></td>
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<tr>
<td>Internet service</td>
<td></td>
</tr>
<tr>
<td>Groceries</td>
<td></td>
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</tbody>
</table>

| Savings (for reserve)   | Amount  |
| Other expenses          |         |
| Total                   |         |

| Other expenses          | Amount  |
| Tuition                 |         |
| Books                   |         |
| Eating out/entertainment|         |
| Activities and hobbies  |         |
| Personal                |         |
| Clothing                |         |
| Health care             |         |
| Other                   |         |
| Total                   |         |

| Grand Total of Expenses| Amount |
| Minus Total Expenses   | Amount |
| Balance                | Amount |

**Important Financial Tips:**

- Be responsible with credit cards.
- Start saving money now, even if it’s just a small amount every month.
- Pay your bills on time.
- Guard your personal information.
Pick Your Roommates Well

Choosing well-matched roommates is essential to a successful and lasting experience. It is important to consider whether the roommate will be compatible with you and other roommates. It will be wise to know as much as possible about him or her. If possible, choose someone who you or one of your roommates knows and can vouch for. Remember, this is an important personal and financial decision, and you must be able to say no if you or one of your roommates is not comfortable with him or her.

Decide how you will divide up your rental costs, chores, and living space and set expectations about guests, smoking indoors, socializing, etc. All adults living in an apartment should be included on the lease and should be responsible for payment of rent and maintenance of the unit. This means that each person is responsible for making sure that the entire rent is paid each month and that other obligations under the lease (maintenance, payment for damages, etc.) are a shared concern.

The Pitt Off-Campus Living Office offers a roommate matching service to help match students who are looking for apartments with students who have apartments and are looking for roommates and a sublet service to help students find replacement tenants to assume the remaining terms of their leases. Please note (as indicated above) that, according to City of Pittsburgh code, no more than three unrelated individuals are permitted to reside together in one rental housing unit.

For additional information on roommates and sublets, visit www.ocl.pitt.edu/sublets/index.html.

What Will It Cost You?

The cost of rent will vary depending upon the number of bedrooms, whether utilities are included or shared, the location, etc. For Oakland average market rents, you can go to www.ocl.pitt.edu/rental/costs.html.

To estimate the expected costs of utilities for a rental unit, ask the landlord to provide you with the information (copies of bills, etc.) or can call the utility companies directly for the usage history at the rental unit address.

Renting jointly with other roommates can certainly help in distributing costs, but there are legal, financial, and personal implications to consider that are discussed later on in this issue.

For questions regarding how your financial aid will work once you move off campus, please contact:

The University of Pittsburgh Office of Admissions and Financial Aid, 120 Alumni Hall, 4227 Fifth Avenue, Pittsburgh PA 15260; 412-624-7488; oafa@pitt.edu; www.oafa.pitt.edu.

Maintenance and Repairs

Your lease should state which repairs are your responsibility and which are the landlord’s. Ordinary wear and tear and damage due to natural forces (e.g. weather) are the responsibility of landlords. You do need to pay for damages caused by you or your guests. When repairs are necessary, ask the landlord to make repairs within a reasonable period of time. If repairs are not made, make a written request and keep a copy of the letter.

If the dwelling becomes unsafe due to the repair problems, please contact the City Non-Emergency Response line at 311.

Additional resources:
- Off-Campus Living at 412-624-6998 for additional advice.
- Building safety and/or code violations - call 311 or visit Permits, Licensing & Inspection (PLI) website for more information: www.pittsburghpa.gov/pli/; or call 412-255-2175
- Health safety violations - Allegheny County Health Department: www.achd.net/newweb/contactForm.html; 412-687-2243
- You should report small maintenance problems as soon as possible. Fixing these quickly can help avoid bigger and more costly repairs.

Protect Your Property—Renter’s Insurance

Before moving into your new rental home, make sure your belongings are protected. Renter’s insurance is available at a relatively low cost and is one of the wisest purchases an apartment resident can make. The landlord or property owner’s property insurance will not cover your personal property. If you are still on your parent or guardian’s insurance, you may be covered by your parent’s homeowners’ insurance.

Prices vary, so shop around for a good price. Your car insurance provider also may offer renter’s insurance to you at a discounted cost. Searching online or contacting insurance agents through the yellow pages is another option.

A good resource is the National Student Services, Inc., site at www.nssi.com.
Before You Sign: A List of Questions to be Answered

Before signing a lease, carefully verify the following.

- What is the exact rent amount? Any other charges? When is rent due? Can you pay online through your bank? Any charges for late payments?
- Who will pay for electricity, gas, water, sewage, trash, cable TV, or Internet? Is central air and/or heat included? Is there a flat monthly charge for utilities, or do you pay by the meter? How much is it?
- What is the security deposit amount and conditions for its return? What is considered normal wear and tear?
- What repairs and cleaning will the landlord do? Who maintains the yard and handles snow removal? Is a garbage can provided?
- What are the security arrangements? Will locks be changed or rekeyed?
- Are there parking spaces that come with this unit? Are parking spaces specifically allotted? Visitor parking? Is there a day of the week when you shouldn’t park on the street?
- Is a cosigner (typically a parent, guardian, or someone willing to take on financial liability for you) required on the lease?
- What are the exact move-in and move-out dates, including time required to give notice of renewal or lease termination? When do keys need to be returned?
- Rules for lease termination and subleasing? Will the landlord help in finding other renters?
- How will the landlord give notice before entering the premises, unless it is an emergency? Who else may enter the premises? In nonemergencies, landlords must typically give 48 hours notice prior to entering a rented unit.
- What are the restrictions on noise level and hours, guests, smoking, keeping pets or having pets visit, etc? Are there any other restrictions?
- What are the restrictions on modifications such as hanging pictures with nails or painting the facility?

Although a lease does not legally have to be in writing unless it is for longer than one year, insist on a written lease, as it provides more specific evidence of the terms of the agreement.

Renters have rights! Be aware of them. Ask for help if you are not certain.

The Security Deposit

Landlords usually require a deposit as a security against property damage, unclean conditions, and unpaid rent, typically equal to one month's rent.

It's a good idea to complete the Moving In and Moving Out checklists on page 7. Take photos (with date) of the rental when you move in to document the current condition and document it again when you move out.

Within 30 days of the date the lease ends or the tenancy terminates, the landlord is required to either return your full security deposit or give you a written list of reasons why part or all of the security deposit was withheld. You can challenge this if you disagree.

If you have a new address you are moving to, submit it to the landlord in writing. The landlord is only obligated to send the security deposit to a tenant’s last known address, usually the one provided in the lease.

If the landlord fails to comply with this law, the renter may file a complaint. Please seek legal advice, as some cases may need to be resolved in civil court.


Important Legal Concerns—Tenant’s and Landlord’s Rights

**Discrimination**: Landlords are legally required to show, sell, rent, sublease, or otherwise make housing decisions regardless of a renter’s race, color, national origin, sex, disability, religion, familial status, marital status, age, gender identity, sexual orientation, or receipt of public assistance. If you feel you are being discriminated against, visit the Fair Housing Partnership of Greater Pittsburgh Web site at www.pittsburghfairhousing.org to seek advice.

**Habitability**: Habitability means that the apartment must meet minimum construction, maintenance, and safety standards in terms of hot and cold running water, sewage and waste disposal, heating, windows, doors, smoke detectors, and bathrooms. Tenants are responsible for notifying landlords of problems promptly, and landlords are responsible for making repairs within a reasonable time of being notified. Documentation is critical in legal actions. More advice on tenants’ rights: www.ocl.pitt.edu/rental/tenant-rights.html

Both a landlord and a tenant are obligated to honor a lease that is signed by both parties and describes the details of the rental agreement. While a landlord, like a tenant, is obligated to abide by the terms written in the lease, a tenant also must follow the rules a landlord has set if he or she agrees to a lease.

A landlord has the right to restrict you from having pets, from putting holes in the wall, from painting or wallpapering, and from making excessive noise and has the right to access your unit to inspect or maintain it or enter it in the event of an emergency. If you agree to these rules by signing a lease and then disobey them, a landlord has the right to take action against you. A landlord may ask a tenant who has broken the lease to vacate the premises with little or no notice.

For more information, visit pittsburgh.bbb.org/landlords-rights-and-obligations or call the Landlord and Tenant Hotline at 412-227-4804.

**Renter’s Responsibilities**

- Pay the rent on time! Carefully follow all provisions of the lease.
- Keep the property clean and free from damage beyond normal wear and tear. Notify the landlord of problems.
- Provide required notice before terminating a rental agreement.
- Repair or pay for damages due to your own or a guest’s negligence.
- Don’t take on additional occupants or subletters without written permission.
- Allow the landlord to enter the premises to inspect and make repairs.

**Landlord’s Responsibilities**

- Make sure the property is livable and complies with all codes.
- Make and pay for timely repairs due to ordinary wear and tear.
- Do not shut off a tenant’s water, electricity, or gas.
- Give proper notice to the tenant before ending the rental agreement.
- In the case of an eviction, follow proper legal procedure.
- Do not unlawfully discriminate.
- Do not raise the rent or change any other provisions without proper notice.
After the Lease is Signed

Set up a move-in time with your landlord. On move-in day, inspect the apartment with the landlord or their representative, taking date-stamped photos for your records to compare to those you will take on move-out day. Write down a list of existing damage, date it, and have all parties sign it.

If you see any serious safety or other problems, you have the right to refuse to move in and to seek cancellation of the lease if satisfactory and timely corrections are not made.

- Ask your landlord to show you the location of the electrical box, water shut-off, electrical and gas meters, etc., if applicable.
- Compile a list of who to call if there is an emergency with your rental property—for example, if the heating system shuts down.
- Start off well—introduce yourself to your neighbors. Having a good relationship with your neighbors will add to your peace of mind and help you to avoid some problems that could arise. It will make for a safer environment, as neighbors can and do look out for each other. If you feel comfortable doing so, share your phone number with them for use in emergencies.
- Put your name on the mailbox. You may wish to put just your last name on the mailbox in order to protect your privacy.
- Share a copy of the lease with your parent or guardian. Give a copy to all roommates, and post a list of important terms prominently as a constant reminder.

Weatherization and Utilities: Some Useful Tips

Managing your utilities, especially in older homes, is an important aspect of staying within your budget. Heating and cooling costs will be typically more than half of your annual gas and electric bills. Discussed below are some simple and low-cost measures to conserve energy:

- Make sure none of your heating registers or vents is blocked.
- Control your thermostat. You can save roughly 3 percent of heating cost for every one degree you lower the thermostat.
- Keep south-facing window coverings open during day to let in the sun’s heat.
- If you have drafty doors, purchase or make a door snake to seal the gap at the bottom of the doors. Rolled up towels also can work.
- Use heavy drapery or insulated curtains to act as an additional thermal barrier.
- Stop drafts from windows by using window insulation plastic film kits for a temporary fix. These are available at most hardware stores.
- Set the power settings on your computer and TV to go into sleep mode when not in use.
- Unplug older TV sets, video games, chargers, etc., when not in use to save on electricity.
- CFL and LED bulbs are more efficient and can use up to 85% less energy than standard bulbs.
- Ask your landlord to lower the water heater thermostat—it can save up to $10 per month for every 10 degrees you lower it.
- Visit your local utility company’s Web site for programs, rebates, and tips to help you save.
- If the landlord approves, consider installing a programmable thermostat and save up to 30% on your heating/cooling costs.
- Doing your laundry or washing your dishes during off-peak hours can help you to save. Check with your local utility company for the hours.
- Talk to your landlord about upgrades (insulation, wrapping pipes, new windows, higher efficiency furnace or boiler, etc.), which also may be eligible for rebates or tax breaks for the landlord.

- To help you manage your utility expenses, try to set up a budget payment plan, which averages your monthly bill and allows you to pay about the same amount each month.
- In case of a financial crisis, assistance for heating may be available through the Pennsylvania Low-Income Home Energy Assistance Program program. Call 211 or go to www.pa211sw.org for more information on this topic.

Contact Off Campus Living at 412-624-6998 if you have any questions about a lease.

More details: www.ocl.pitt.edu/rental/credit-check.html

More information on the topics of financial assistance, utilities, and budgeting can be found through Neighborhood Legal Services, www.nlsa.us, 412-255-6700

More details: www.ocl.pitt.edu/rental/credit-check.html
Oakland Dumpster Program

In order to assist with special times of the year when there is a surge in the volume of trash, especially when students move in and need to dispose of packaging or items left behind by previous tenants, the Keep It Clean Oakland program at OPDC, supported by the University of Pittsburgh, coordinates the annual Oakland Dumpster Project to help keep Oakland’s streets clean. OPDC also offers an electronics recycling program to help recycle TVs and other equipment.

There are other dumpster services offered occasionally by the City of Pittsburgh to help with the trash at move-out time. Please look for announcements from University and community resources to see if there is a special dumpster provided for your neighborhood.

More information:
www.opdc.org/programs-services/community/kico

Quick Transportation Guide

Transportation in Pittsburgh may feel overwhelming at first, so here are some of the most common bus routes and ways to get around the city from Pitt:

On Campus—University Shuttle System:
- Upper campus and North Oakland: 10A/10B
- South Oakland: 30 A/B/C

Port Authority Buses—Free with your Pitt ID:
- Downtown: 61 or 71 (A, B, C, or D)
- Shadyside: 71B or D away from downtown
- Strip District: 54 away from downtown
- Southside: 54 or 75 (SouthSide Works) towards downtown
- Squirrel Hill: 61C or D away from downtown
- Waterfront: 61C away from downtown

Other Alternatives:
- Zipcar
- Ride-sharing applications
- Taxi services

Visit www.pc.pitt.edu/transportation for the shuttle system and www.portauthority.org for bus routes and schedules.

Garbage pick-up day in Central, South, and West Oakland is on Tuesday; for North Oakland, it is on Wednesday.

You need a garbage can with a lid (in good condition—to be provided by the landlord).

Put your trash out after 7 p.m. the day prior, and after the pick up, remove containers from the curb by 9 p.m.

Recycling is every other Tuesday in Central, South, and West Oakland; for North Oakland, it is every other Wednesday.

You can recycle glass, cans, plastic, and paper. Place items in a blue garbage bag or container and put it out with garbage.

Only two large items (like a sofa or appliance) per house can be put out per week. Do not put out TVs, computers, or any other electronics; they need to be recycled properly. Visit www.eloopllc.com for info.

Keep Oakland clean and green by putting out your garbage only on the night before on designated pick-up days and by recycling.

Parking

The University provides graduate and undergraduate students fare-free access to the Port Authority of Allegheny County transit system. Students can ride buses throughout the city and county using a valid student ID. This convenient access is designed in part to lessen the need to bring a vehicle to campus. This helps in easing the parking crunch in Oakland and also enables students to explore and get around the city/county using public transit.

You should be aware that most residential streets in Oakland are already or will soon be permit parking zones that only allow 1 to 2 hours maximum of short-term parking for non residents of that specific neighborhood. Parking beyond the hourly parking maximum will net you an expensive ticket. Having a car with no place to park for an extended period could be a real problem.

If you elect to bring a car to campus, please contact the University’s parking office prior to your arrival to determine the availability of on-campus parking, or, if you are planning to live off campus, speak to your landlord about availability of a permit.

More on campus parking facilities: www.pts.pitt.edu/parking/studentpermits.html
More on residential parking permits: www.pittsburghparking.com/rpmp

Pitt is a bike-friendly campus! Ride to class and also explore the many trails all across the region. The University provides numerous bicycle racks on campus for those students who prefer biking as a mode of transportation. In addition to bike racks and lockers, a secure bicycle room also is available.

Because biking is becoming so popular, the City of Pittsburgh is striving to improve bicycle safety as well as promoting the use of bikes through a proposed bike-share program. Stay tuned!

Please note: Due to serious safety concerns, riding bikes on sidewalks and bus lanes is strictly prohibited.

Registering your bike with the University is a very good idea. It deters theft, it can help in the identification of lost or stolen bicycles, it helps to provide additional amenities on campus, and it provides a way to communicate with you about special bike events and activities.

More at: www.pts.pitt.edu/Commuting/bicycling
# Move-In/Move-Out Condition Checklist

<table>
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<tr>
<th>Move-In</th>
<th>Living Room</th>
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<tbody>
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## Notes:
- **OK:** Good
- **P:** Problem
- **NA:** Not Applicable

2014
The Pitt Promise: A Commitment to Civility

Excerpted from the Student Code of Conduct:
“Oakland is a very diverse neighborhood, with the interaction of college students from three Oakland universities and non student long-term residents. This blending, especially in urban settings, can lead to conflicts on a range of issues, including off-campus parties and littering.
“It is the expectation that Pitt students are always in control of their behavior and that they are respectful of the right of their neighbors to quiet enjoyment of their premises. This includes being respectful of their neighbors, especially while attending parties.
“As a student, whether you live on campus or off campus, you are expected to live by the common values expressed in the principles outlined in the Pitt Promise at all times.”
The complete Pitt Student Code of Conduct can be reviewed at www.studentaffairs.pitt.edu/studentconduct.

The Anatomy of a Smart Party: Be Safe and Considerate!

Celebrating the end of your finals or a Panthers victory or just enjoying leisure time with friends sometimes includes sharing a few drinks. There is, however, a difference between having a good time and overdoing it. Taken to an extreme, it could lead to a medical emergency, a criminal record, or even worse. It is important to understand this tipping point and to manage your celebration to make your experience pleasant and safe. Problems such as fights, assaults, robbery, and arson are most likely to occur when there is a large gathering of people who don’t know each other. People are far less likely to cross the line if they don’t feel anonymous, as opposed to being random strangers.

Being considerate of your neighbors is more than just common courtesy. Having them riled up against you is not a smart thing to do. Be aware that there are neighborhood watches and patrols out there. They can and will call the city and Pitt police if a party degenerates into a rowdy bash and spills out onto the streets. It is best to be a good neighbor!

If You Are Planning to Host a Party

- Remember, it is a violation of state law to charge for alcoholic beverages without a liquor license and to serve alcohol to persons under 21.
- Decide on a manageable number of guests for the size of your apartment. Be conservative—keep it small!
- Do not openly post the event. Invite specified people.
- Insist that guests check with you before inviting anyone.
- Keep nonalcoholic drinks as an option and arrange for lots of high-protein food.
- Identify and make note of those who are of legal age to drink. Use wristbands.
- Choose at least 3 sober hosts and assign their roles:
  1. A designated bartender to make sure that no one gets too intoxicated and that minors are not served
  2. A “bouncer” to manage who gets into the party and monitors the noise level outside
  3. A social host who will stock food and nonalcoholic beverages, keep guests safe while at the party, and arrange transportation etc.
- Notify your neighbors proactively about the party. Share the name and number of a sober host who they can contact if there is a problem.
- Post emergency numbers in a visible location.

Maintaining a good relationship with your neighbors is vital for a successful off-campus living experience

During the Party

- Do not serve alcohol to minors.
- Turn away people who arrive intoxicated.
- Turn away “gatecrashers” and others who you do not know.
- Provide nonalcoholic beverages and have lots of high-protein food for your guests.
- Stop guests from leaving the house with a cup/glass/bottle.
- Keep doors and windows closed and check outside to monitor the noise level.
- Stop anyone who appears intoxicated from driving.
- Stagger departures into smaller groups to reduce the impact on your neighbors.
- If police or neighbors come to your door, have a sober host talk to them respectfully and offer cooperation.
- If the party escalates and you are not able to manage it, ask people to leave.
- Call the police if you need help. You are less likely to get in trouble if you ask for help proactively.
Things You Should Know about Illegal “For-Profit” Parties

There are some untrustworthy individuals who organize and publicize large parties off campus and charge for entrance, typically by selling you a cup. It is a violation of state law to charge for alcoholic beverages without a liquor license and also to serve alcohol to persons under 21. There are several other reasons to stay far away from these types of parties:

- These parties can grow to enormous numbers, posing a serious hazard in the event of fire or other emergencies. With limited exit options, this is a very unsafe situation.
- These events are frequently targeted by unsavory characters looking to prey on unsuspecting students who may be vulnerable and not in a state to protect themselves. Robbery and assault are just a couple of potential perils.
- Due to their scale and visibility, these parties are very much on the radar of neighborhood organizations and law enforcement and are a prime target for being busted, potentially leading to arrests and convictions that could have long-term negative implications for you.
- There is a strong possibility at these types of parties for things to get out of control. People could lose their resolve and be egged on well beyond limits they set for themselves, leading to serious, even life-threatening, consequences.

Understanding Blood Alcohol Content (BAC)

Not everyone absorbs alcohol in the same way. Your blood alcohol content (BAC) and the way your body processes alcohol will vary due to many factors, including some of the ones listed below:

- If you drink alcohol on an empty stomach, your BAC will be higher than a person who has eaten.
- The faster you consume alcohol, the faster your BAC will rise.
- Women usually reach a higher BAC if they consume alcohol at the same rate as their male counterparts.
- The more you weigh, the more water you tend have in your body, which helps dilute the alcohol you consume.
- Many medications react negatively with alcohol, including cold/allergy pills and prescription drugs.
- Carbonated drinks or mixed drinks with sodas may result in a higher BAC.

Drinking games such as beer pong or flip cup can easily lead to excessive consumption of alcohol and destroy your plan to manage your intake of alcohol. Water can be a safe substitute when playing these games.

More information at Know your Blood Alcohol Content: www.studentaffairs.pitt.edu/shsbac

Relevant City of Pittsburgh Ordinances

The City of Pittsburgh recently passed two pieces of legislation that have substantial impact on every city neighborhood, and students who live off-campus should be very aware of them. These are the Disruptive Properties Ordinance, and the Social Host Ordinance.

The Disruptive Properties Ordinance is designed to address properties that place a substantial threat and burden on the common health, safety, and welfare of the residents of the City of Pittsburgh. A property is declared “disruptive” after it has received 3 notices of disruptive activity within a 180 day window. The violation of codes include, among numerous others, codes and statutes regarding alcohol or liquor consumption on streets or sidewalks, public urination, corruption of minors, disorderly conduct, failure to disperse, inducement to buy alcoholic beverages, loitering, public drunkenness, purchase, consumption, or possession of alcoholic beverages, scattering rubbish, selling or furnishing alcoholic beverages to minors, soliciting business, and unlicensed alcohol or liquor sale.

The Social Host provision (included within the Disruptive Properties Ordinance above) focuses on the hosts of parties throughout the City of Pittsburgh establishing liability for host(s) who knowingly serve alcoholic beverages to underage drinkers. (Age 21 is the legal drinking age in Pennsylvania). Penalties include:

- A fine of up to $500—if violated, you can be held in jail for up to 72 hours.
- Violation of this ordinance can be placed on your criminal record.
- All individuals on the lease, even if not present at the scene, can be held liable.
- Landlords can be held responsible if tenants continue to violate any part of this ordinance.

Given the vigilance of police and neighborhood groups in bearing down vigorously on disruptive behavior, if you plan to host or attend a social party, follow the laws carefully, taking care not to be disruptive or disrespectful of neighbors who do have a right to quiet enjoyment.
Alcohol Poisoning—Call 911!

Alcohol depresses nerves that control involuntary actions such as breathing and the gag reflex (which prevents choking). A fatal dose of alcohol will suppress these functions.

It is common for someone who has consumed excessive amounts of alcohol to vomit, as alcohol irritates the stomach. When a person becomes unconscious due to intoxication, there is a danger of choking on vomit, leading to death by asphyxiation.

You also should know that a person’s blood alcohol concentration (BAC) can continue to rise even while he or she is passed out. Even after a person stops drinking, alcohol in the stomach and intestine continues to enter the bloodstream and circulate throughout the body. It is dangerous to assume the person will be fine by sleeping it off.

Signs and symptoms of alcohol poisoning:
- Mental confusion, stupor, or coma or person cannot be roused
- Vomiting
- Seizures
- Slow breathing (fewer than eight breaths per minute)
- Irregular breathing (10 seconds or more between breaths)
- Hypothermia (low body temperature), bluish skin color, or paleness

What to do if you suspect alcohol poisoning:
- Know the danger signs (listed above).
- Don’t wait for all symptoms to be present.
- Be aware that a person who has passed out may die.
- If there is any suspicion of an alcohol overdose, call 911 for help. Don’t try to guess the level of drunkenness.

Untreated severe dehydration from vomiting can cause seizures, permanent brain damage, or death.

Even if the victim lives, an alcohol overdose can lead to irreversible brain damage. Rapid binge drinking (which could happen on a bet or a dare) is especially dangerous because the victim can ingest a fatal dose before becoming unconscious.

Don’t be afraid to seek medical help for a friend who has had too much to drink. Don’t worry that your friend may become angry or embarrassed—remember, you cared enough to help. Always be safe, not sorry.

Sexual Assault Services

The University Counseling Center (UCC) offers specialized counseling services designed to assist female and male students who have experienced sexual assault, dating violence, stalking, and harassment. Individual counseling, group counseling, and crisis intervention are provided. These specialized services are coordinated and offered by a sexual assault specialist who is a UCC clinician with expertise in evaluating, treating, and addressing issues with sexual victimization.

The sexual assault specialist also assists University students with obtaining medical, police, and judicial resources within the University of Pittsburgh and the local community. An integral component of Sexual Assault Services is Let’s RAVE (Let’s Raise Awareness and Vict

To access the specialized services of a sexual assault specialist, contact the UCC coordinator of sexual assault services at 412-648-7930 (8:30 a.m.-5 p.m., Monday-Friday) or 412-648-7856 (after 5 p.m., Monday-Friday, or on weekends).

For crisis and emergency services, please call 412-648-7856 or call campus police at 412-624-2121 or 4-2121 from a campus phone.

For more information, go to www.pitt.edu/~saserv.

Drugs and Other Concerns

Party drugs are a leading cause of death among young people. Mixing drugs with alcohol or with other drugs can cause serious and unpredictable reactions, leading to lifelong health problems or even death. Signs of reactions include physical distress, rapid or irregular heart rate, excessive pupil dilation, excessive sweating, tremors, muscle rigidity, and vision problems. Call 911 immediately if you or someone else is experiencing a reaction.

After hours or on weekends, crisis support from a University Counseling Center (UCC) counselor on call may be accessed by contacting the campus police at 412-624-2121 or 4-2121 from a campus phone.

More information: www.studentaffairs.pitt.edu/cc_crisis

Responsible Action Protocol

Because the University understands that fear of possible disciplinary actions may deter students from requesting emergency assistance, the University has adopted the following Responsible Action Protocol to alleviate such concerns and promote responsible action on the part of students.

Responsible action under the Responsible Action Protocol includes seeking medical assistance for another person who is experiencing an alcohol emergency. In accordance with the Commonwealth of Pennsylvania law, a student under the age of 21 would be protected from prosecution for the possession or consumption of alcoholic beverages if law enforcement, including campus police, became aware of the possession or consumption solely because the student was seeking medical assistance for someone else. The student seeking the assistance must reasonably believe he or she is the first to do so, must use his or her real name with authorities, and must stay with the individual needing medical assistance until help arrives and the student’s presence is no longer needed. The University has extended the policy behind this law to cover not only exemption from criminal prosecution but exemption from initiation of student judicial board action as well.

For the complete policy, please review the Student Code of Conduct at www.studentaffairs.pitt.edu/studentconduct.
SafeRider: Safe, Nonemergency Transportation

SafeRider provides safe transportation during the evening and early morning hours when special, nonemergency needs arise for Pitt students, faculty, and staff. SafeRider is not available to UPMC employees. A valid Pitt ID is required. Call SafeRider at 412-648-CALL (2255) for your safety:

- within the SafeRider travel boundaries.
- between campus buildings, from local residences to campus buildings, and from campus to local residences.
- when you’re not along an established bus or shuttle route.
- from Pittsburgh’s Greyhound, Amtrak and MegaBus stations:
  - on Sundays.

Each rider is permitted 1 round trip per night and a maximum of 20 trips per term.

SafeRider is NOT for:
- travel on an established bus or shuttle route.
- meal runs or shopping trips.
- pick up from establishments that serve alcoholic beverages.
- travel to or from the South Side Sports Complex and the McGowan Center.

Public Safety: Pitt Police

The University of Pittsburgh Police Department is the third-largest law enforcement agency in Allegheny County, providing 24-hour protection seven days a week all year round for more than 40,000 students, faculty, staff, and visitors to the University. The Pitt police are community oriented and are a very useful resource for students and also offer specific training and assistance on safety and security. At freshman orientation, incoming freshmen are introduced to an overview on several safety topics and the role of the Pitt police on campus. The Department of Public Safety also publishes an annual report titled For Safety’s Sake on campus safety, security, and crime prevention programs on campus. A safety talk by the Pitt police also can be requested by a student group to cover safety tips, emergency contacts, self-defense, and survival and emergency evacuation drills. The Pitt police maintain a strong relationship with the University and surrounding communities and provide many services and resources to University affiliates and local residents with appropriate collaboration with the City of Pittsburgh police.

For more information, call 412-621-4040 or visit police.pitt.edu/services/community-relations.

Safety Awareness: Streets, Intersections, and Crossings

The University of Pittsburgh is an urban institution located in a densely populated and bustling neighborhood. On average, more than 100,000 people travel into and out of Oakland every day, presenting pedestrian and vehicular movement and safety challenges. For example:

- Two major east/west roadways—Fifth Avenue (going west toward downtown) and Forbes Avenue (going east away from downtown)—run through the middle of campus.
- Fifth Avenue and Forbes Avenue are one way in certain sections of the roadway. Fifth Avenue has a counter-flow (opposing direction) bus lane through campus, so pedestrians must look out for buses operating in BOTH directions on this street.
- Remember to NEVER cross in front of a bus unless it is stopped for a traffic light.
- Remain on the sidewalk while waiting to cross, standing well away from the curb.
- Be alert for vehicles that may be passing your bus while it is stopped, including bicycles.
- Be sure to look left, look right, then look left again before crossing the street, and always cross at designated crosswalks. Mid-block crossing is dangerous and illegal.
- Don’t chase the bus. If the bus is pulling away from the stop, DO NOT run after it or pound on it to try to get the driver’s attention to stop. The driver cannot see you or hear you! You may slip, fall, or get hit, especially if the bus is turning. Wait for the next one!
- Some Oakland intersections have vehicle and pedestrian traffic stop digital countdown signals, while others are equipped only with pedestrian digital countdown signals.
- Students must use the pedestrian bridge or marked crosswalks on Forbes Avenue to go to or leave from David Lawrence Hall.
- Students must use crosswalks at Thackeray Street or University Place to go to or leave from Mark A. Nordenberg Hall. Crossing mid-block from the Schenley Quad driveway on Fifth Avenue to Nordenberg Hall is extremely dangerous, especially with buses traveling in the direction opposite to other traffic.
- Most importantly, avoid distractions such as wearing earbuds/headphones, texting, e-mailing, or talking on a cell phone while crossing streets. Make eye contact with drivers so you know they see you and understand your intention to cross the street.

Find more street safety and transportation information at www.otma-pgh.org.

Emergency: If it is an emergency, call 911 or contact the University of Pittsburgh police by calling 4-2121 from a campus phone or 412-624-2121 from an off-campus phone.

For the schedule and additional information, please go to www.pc.pitt.edu/transportation/saferider.html.
Pitt Office of Community and Governmental Relations

The Office of Community and Governmental Relations (CGR) manages the complex interactions of the University of Pittsburgh with the U.S. government, the Commonwealth of Pennsylvania, Allegheny County, and the City of Pittsburgh as well as with community organizations, local businesses, and public agencies in the neighborhoods adjacent to the Pitt campus. The office is the University’s principal source of information on community and governmental matters and is the institutional point of contact for federal, state, and local governments and community organizations. CGR promotes civic engagement through building bridges and developing sustainable partnerships as part of the University’s advocacy and outreach efforts and partners to improve the quality of life for students and long-term residents within the community. CGR collaborates with the Division of Student Affairs, the Office of PittServes, the Student Government Board, the Graduate and Professional Student Government, and other student organizations on community matters, facilitating the success of student-community relationships.

Pitt Community Portal: www.pitt.edu/community
Like us on Facebook: www.facebook.com/PittCGR

Pitt CGR site: www.cgr.pitt.edu/community
Follow us on Twitter: www.twitter.com/PittCGR

PittServes: Community Engagement Made Easy!

Are you looking for a service opportunity? Go to the Office of PittServes to find a service project and track your volunteer hours. Through its NobleHour one-stop shop portal, PittServes conveniently provides information, resources, support, and guidance for you to browse, select, and sign up for service opportunities in our region.

PittServes operates as a sponsor of and marketplace for civic engagement, connecting individual students and student organizations who want to engage in community service with local and regional organizations that need volunteers for projects. It collaborates extensively with community partners and Pitt schools, departments and student organizations, allowing you to take advantage of service, research and scholarship opportunities regionally and on campus while developing important leadership, communication, and other desirable skills and experience. It is designed to help you take advantage of already established relationships so you don’t have to struggle with setting up arrangements on your own while tracking your impact by recording and reporting your activities to add luster to your future academic and employment plans. It couldn’t get any easier!

Browse and select from posted opportunities at www.noblehour.com/pittserves.
More information on PittServes: www.pittservices.pitt.edu, 412-624-1065 or, serves@pitt.edu

Find Your Passion through Service: Signing Up and Browsing for Projects

The PittServes NobleHour community serves as a clearinghouse for all members of the University of Pittsburgh for community service activity including the collection, tracking, management, and reporting of community service opportunities, programming, resources, service hours, and assessment. Join now to stay current on our content and be a contributor with us!

www.noblehour.com/pittserves

- Login with your Pitt ID
- Search for volunteer opportunities by date, keyword, or zip code
- Track your hours and service experience after serving

Based on your tracked hours, your student group or school will receive credit and be eligible for mini-grant opportunities and awards from PittServes!

Questions? Contact serves@pitt.edu or 412.624.1065
University-wide Programs and Drives

In addition to numerous events, drives, and yearlong service activities, the Pitt community comes together for University-wide service programs:

- **The Pitt United Way Day of Caring**: Faculty, staff, student, and alumni signature day of service that usually takes place in September.
- **Pitt Make A Difference Day**: A student-driven signature service extravaganza! Usually a week prior to homecoming.
- **Pitt Partnership for Food**: In support of the Greater Pittsburgh Community Food Bank in the months of April and May.
- **Pitt’s People for Pets**: Pet food and donations for area pantries to help families in need for their pets.
- **Winter wear**: Socks, hats, scarves, and gloves collection drive for the homeless and those in need.
- **Gift drive for children of families in crisis**: Gifts are given to children in area shelters and families in need.
- **Christmas Day at Pitt for Those in Need**: Bringing relief to the homeless and families in crisis with meals, winter wear, and gifts for children.
- **Pitt Project Oakland**: Student driven initiative to give back to Oakland through service projects throughout the neighborhood.
- **Pitt United Way Good Neighbor Day**: Faculty, staff, student, and alumni signature day of service that usually takes place in March.

Regular monthly programs include Student Community Engagement Council (SCEC) events, blood drives, and volunteering at the food bank.

For more detailed information, please visit the Pitt CGR site at www.cgr.pitt.edu/community and PittServes at www.studentaffairs.pitt.edu/pittserves.

Oakland Neighborhood Organizations

Oakland has neighborhood organizations relevant to students for North, Central, South, and West Oakland that meet regularly to discuss issues that impact all residents, including students. Parking, building code violations, litter, disruptive partying, and other matters that concern neighborhood development and quality of life are discussed and acted upon.

- **North Oakland**: The Bellefield Area Citizens Association (BACA) serves Bayard, Bellefield, Centre Avenue, Dithridge, North Craig, and adjacent streets.
- **Central Oakland**: The Central Oakland Community Organization (COCO) covers Atwood, Bates, Bouquet, Coltaart, Dawson, Semple, McKee, Meyran, Oakland Avenue, Oakcliffe Square, Parkview, and adjacent streets down to the Boulevard of the Allies.
- **West Oakland**: Area streets (Darrogh, Dunseith, Ellers, Robinson, Terrace, Wyandotte, Wadsworth, and adjacent streets down to Forbes Avenue) are represented by the Corner, which is hosted by the Friendship Community Church.
- **Oakland Planning and Development Corp. (OPDC)**: OPDC has programs that impact quality-of-life issues for students and residents, including the Oakwatch Code Enforcement Project, which monitors disruptive properties and coordinates Citizen Observers patrols. OPDC also manages the Keep It Clean Oakland program (supported by Pitt) that runs several volunteer clean-and-green efforts, including Adopt-a-Block and tree-planting projects.

Be a Good Neighbor!

Pitt’s Be a Good Neighbor campaign focuses on building student awareness through **education** to help students build relationships with the community through **engagement** initiatives and to make students aware of the **enforcement** environment and potential legal consequences of disruptive behavior on and off campus.

This student guide is an example of our effort to educate students and equip them with information they will need to be safe and successful out in the community. Other examples include Tenants’ Rights Workshops and other material and informational presentations to student groups.

Through the Be a Good Neighbor block party initiative, the University arranges for informal meet-and-greet opportunities for students and long-term residents of these areas to get to know each other. Forming positive relationships and establishing communication will help to reduce misunderstandings or conflicts within your neighborhood.

There are several practical reasons why you would want to enjoy a good relationship with your neighbors, many of whom would welcome an opportunity to help you and watch out for you and your property.

Many residents are willing to be a resource to students in their neighborhood and help them to adapt to living on their own away from home for the first time. Some students even shovel snow for their older neighbors and are welcomed into their homes. Our recommendation is to approach your neighbors proactively and get to know them—it may be the best move for you!

To get involved with Be a Good Neighbor or to share any neighborhood updates or concerns, please contact Pitt’s Office of Community and Governmental Relations or speak with a Student Government Board, Greek life, PittServes, or Student Affairs representative.

To learn more, visit www.cgr.pitt.edu/community, e-mail at info@cgr.pitt.edu, or call 412-624-7755.
Voting: Both a Privilege and a Civic Responsibility

As young adults today, it is most important for your voices to be heard in order for you to have an impact on the future of our country and our region. A direct and effective way to do this is by voting in local, state, and federal elections. If you are a U.S. citizen, age 18 or older, and have lived at your current residence for at least 30 days while here at Pitt, you are eligible to cast a vote locally. Voter registration services can be found on campus through the Student Government Board and the Graduate and Professional Student Government (William Pitt Union, 8th Floor), through the Office of Community and Governmental Relations (710 Alumni Hall), or through the Department of Political Science (4600 Wesley W. Posvar Hall).

For more details on voting in Pennsylvania, absentee ballot information, or how to register in another Pennsylvania county please visit www.votespa.com. For information on voting in another state, please contact your state’s department of elections.

Office of Community and Governmental Relations: www.cgr.pitt.edu

Our faculty, students, and staff serve the community through valued partnerships that include the following:

Allegheny Conference
Allegheny County Health Department
Animal Friends
Bellefield Area Citizens Association
Canterbury Place
Carlow University
Carnegie Library of Pittsburgh
Carnegie Mellon University
Carnegie Museums of Pittsburgh
Central Blood Bank
Central Oakand Community Organization
Children’s Hospital of Pittsburgh of UPMC
City of Pittsburgh – City Council
City of Pittsburgh – Mayor’s Office
City of Pittsburgh (various departments)
Collegiate YMCA
Commonwealth of Pennsylvania
Community College of Allegheny County
Community Empowerment Association
Community Human Services
Duquesne University
East End Cooperative Ministries
Family House Inc.
Greater Pittsburgh Community Food Bank
Hill House Association
Homewood Children’s Village
Jewish Family & Children’s Service
Kingsley Association
Life’s Work
Magee-Womens Hospital of UPMC
Oak Hill Community Residents Council
Oakcliffe Housing Club
Oakland Business Improvement District
Oakland Planning and Development Corp.
Oakland Task Force
Oakland Transportation Management Assn.
Oakwatch Code Enforcement Project
Pennsylvania Department of Transportation
Pennsylvania Liquor Control Board
Peoples Oakland
Phipps Conservatory
Pittsburgh Parking Authority
Pittsburgh Parks Conservancy
Pittsburgh Public Schools
Pittsburgh Water and Sewer Authority
Point Park University
Port Authority of Allegheny County
Salvation Army
Scouting for Food
SODEXO
Sojourner House
Soldiers & Sailors Memorial Hall & Museum
South Oakland Neighborhood Group
The Corner (West Oakland community Org.)
United Way of Allegheny County
University of Pittsburgh Medical Center
Western Pennsylvania Conservancy
Western Pennsylvania School for Blind Children
Womanspace East
Hazelwood YMCA

More information: www.pitt.edu/community
Things to See and Do in Oakland: Free with Your Student ID!

Oakland is one of Pittsburgh’s liveliest neighborhoods. You’ll find grand architecture, quaint coffee shops, international cuisine, and specialty shops that create the hustle and bustle found virtually every day in Oakland. Plan a picnic in the park or an evening of drama or look up that Picasso masterpiece. Oakland has it all! Read more at www.visitpittsburgh.com/essentials/neighborhoods/oakland and www.onlyinoakland.org/visit.php. View more student deals at www.pittarts.pitt.edu.

The Carnegie Museum of Art hosts a renowned collection of contemporary art, including film and video. Other collections of note include works of American art from the late 19th century, French Impressionist and post-Impressionist paintings, and European and American decorative arts from the late 17th century to the present. The Hall of Architecture has the largest collection of plaster casts of architectural masterpieces in America and one of the three largest in the world. www.cmoa.org

The Carnegie Museum of Natural History is a place of adventure, discovery, and education that welcomes you to enjoy the wonders of its collections and exhibits. The museum is ranked among the top five natural history museums in the country and features 20 exhibit halls, including the blockbuster Dinosaurs in Their Time. The museum’s dinosaurs are remounted in scientifically accurate, active poses, and new specimens keep getting added to the exhibit. www.carnegiemnh.org

Nationality Rooms, Cathedral of Learning: The 29 Nationality Rooms transport you from 5th century B.C. Athens through 18th century Africa. Stained glass, carved stone, and inlaid wood reflect the cultures that Pittsburgh immigrants brought from Europe, Africa, and the Middle East. A steady stream of visitors—often families of three generations—visit the world-famous rooms to take pride in their own heritage and to learn about other cultures. www.pitt.edu/natrooms

Phipps Conservatory: A great steel and glass Victorian greenhouse, Phipps has been inviting visitors to explore the beauty and mysteries of plants since 1893. Set amidst one of Pittsburgh’s largest green spaces, Schenley Park, Phipps Conservatory stands as a cultural and architectural landmark in the city’s Oakland neighborhood. www.phippsconservatory.org

Schenley Park is situated in the heart of Oakland and is a major destination for university students, families, and anyone else who loves the outdoors. With a beautiful visitor center, proximity to many cultural attractions, swimming pool, tennis courts, ice-skating rink, and plenty of open space to play sports, Schenley Park truly has something for everyone. www.pittsburghparks.org/schenley

Schenley Plaza offers an oasis of relaxation, recreation, food, and entertainment. The grounds of Schenley Plaza provide park users with a public green space in a busy urban center. The site features a one-acre lawn, ever-changing ornamental gardens, and landscaping featuring plants native to Western Pennsylvania. You’ll find chairs and cafe tables; free wireless Internet access; clean, accessible restrooms; 24-hour security; and dining kiosks, too. www.schenleyplaza.org

Soldiers & Sailors Memorial Hall & Museum is the nation’s only military museum dedicated to honoring the men and women of all branches of service, the professional soldier. Within this stately structure are exhibits displaying military artifacts and personal mementos; a concert hall that seats 2,300 guests; a classically elegant ballroom; the Gettysburg Room, dedicated to the Civil War; and the Hall of Valor, a tribute to American heroes. www.soldiersandsailorshall.org

City of Pittsburgh

The city of Pittsburgh is the second-largest city in the Commonwealth of Pennsylvania. At its earliest beginnings in 1758, Pittsburgh was known as the “gateway to the West.” During the next century, Pittsburgh became known as the “Steel City” because of the numerous steel mills situated on the banks of its three rivers and maintained its industrial dominance until late in the 20th century when the manufacturing of steel and steel products declined suddenly and significantly. Today, the city of Pittsburgh is acclaimed widely as America’s most livable city, receiving accolades for its renaissance fueled by “Eds and Meds” knowledge-based economy incorporating educational institutions; medical facilities; and financial, legal, and other professional services organizations. The richness and beauty of Pittsburgh is represented by its unique vantage points of Pittsburgh’s scenic beauty and the spectacular vistas that the city has to offer. Oakland is the education, health care, social, cultural, and recreational epicenter of Pittsburgh. More information: www.visitpittsburgh.com and www.cooolpgh.pitt.edu

Some Neighborhoods Close to Oakland

Bloomfield, Pittsburgh’s “Little Italy,” was named for the many wildflowers that bloomed there years ago. It is home to one of the city’s largest, and most active, business districts along Liberty Avenue. Card shops, shoe stores, restaurants, and groceries abound, attracting shoppers from the entire region. Today, well-maintained row houses along quaint, narrow streets characterize Bloomfield.

Downtown: Pittsburgh includes 90 neighborhoods, with downtown at its core. Enter from the airport through the Fort Pitt Tunnel and see the skyline burst into view. It’s why Pittsburgh is said to be the “only city with an entrance.” With its lush green hillsides and beautiful rivers, the appropriately named “Golden Triangle” is a glittering gem with a wealth of historic, cultural, and entertainment sites.

East Liberty, a culturally diverse neighborhood, is undergoing a major redevelopment effort. Historic buildings are being rehabbed into boutique hotels, and new restaurants are cropping up all over. Several new mixed-income housing units are being developed.

Greenfield/Hazelwood: Greenfield, located on the border of Schenley Park, is surrounded by Squirrel Hill and Hazelwood, with spectacular views of the downtown skyline. Hazelwood, on the bank of the Monongahela River, is easily accessible from Oakland and Squirrel Hill, with many parks and green spaces.

Lawrenceville is the city’s biggest and arguably hippest neighborhood. Home to many artists and designers, this trendy ‘ville hosts some of the city’s biggest arts events. It’s a neighborhood on the rise, with affordable prices; one-of-a-kind shops; and an awesome dining scene.

Mt. Washington offers a breathtaking view of the city. Running the length of the mount, Grandview Avenue provides unique vantage points of Pittsburgh’s beautiful skyline. “Restaurant Row” boasts stunning views coupled with elegant fine dining.

North Shore boasts great views of downtown. Heinz Field, PNC Park, Rivers Casino, the Andy Warhol Museum, the Mattress Factory, Kayak Pittsburgh, the National Aviary, the Children’s Museum of Pittsburgh, and Carnegie Science Center. Take the free T subway under the river or walk from downtown.

Shadyside is in the heart of Pittsburgh’s East End. Walnut Street, a vibrant commercial and entertainment core, offers a bustling atmosphere of boutiques, shops, lounges, and restaurants designed to suit the sophisticated tastes of residents and visitors. Stately Victorian mansions, apartment and condo buildings, and newer homes blend together, making it a unique and beautiful neighborhood.

South Side has variety galore. Its “great American main street”, East Carson Street, features 15 blocks of Victorian architecture and was named a National Historic District. Boutiques, restaurants, art galleries, theater, and live music are within walking distance.

Squirrel Hill, located east of Oakland, is one of Pittsburgh’s most popular neighborhoods, with a variety of ethnic restaurants, delis, bakeries, old-fashioned grocery stores (which still deliver), and landmark taverns as well as chic new eateries, trendy boutiques, movie theaters, and upscale shops. Frick and Schenley parks border Squirrel Hill, offering residents a wide range of recreational activities.

Strip District, or the Strip, as it’s called, is foodie heaven and as authentic as it is fun. Locals love it for its low, low prices and tremendous selections. The one-half-square-mile shopping district is chock full of ethnic grocers, produce stands, meat and fish markets, and sidewalk vendors.

For additional details on these and other neighborhoods, visit: www.visitpittsburgh.com
Additional Resources for International Students

The Office of International Services (OIS), located on the 7th floor of the William Pitt Union, serves international students and the broader University community as a centralized resource for visa-related matters and international education. OIS staff have studied, worked, and lived internationally, and many speak languages other than English. All have substantial experience in immigration matters. International student organizations and programs are housed on the 6th floor of the William Pitt Union in the Office of Cross-Cultural and Leadership Development (CCLD). Through this office, international students attend culture shock and adjustment workshops, social events, and informational and educational programs. New international students participate in the LINKS program to aid in their adjustment to Pitt through CCLD. CCLD also serves as the advisor for numerous international student organizations. CCLD is your neighborhood away from home, so visit and consult them on your needs.

Global Compass, a comprehensive guide for international students, is accessible online at www.studentaffairs.pitt.edu/GlobalCompass. CCLD hosts a number of student organizations that you may be able connect with as you transition to your student life at Pitt. These include the Asian Student Alliance, ANKUR: Indian Graduate Student Association, Chinese Students & Scholars Association, Saudi Student House, and PAN African groups, among others.

Student Health Service and Other Health Care Resources

For the third straight year, your University of Pittsburgh Student Health Service (SHS) has been recognized by the Princeton Review as the 7th best student health service in the country! SHS is designed as your source for primary health care during your student years. There are three ways to make an appointment:

- Visit the Student Health Medical Service Clinic at the Wellness Center at Nordenberg Hall.
- Call the SHS receptionist at 412-383-1800.
- Log on to My Pitt at my.pitt.edu, find the link for Student Health Online Access, and select New Appointment.

Medical insurance coverage is recommended for all students and is mandatory for international students. SHS is designed as your source for primary health care during your student years. However, for more extensive medical treatment or emergency care, optional third-party health insurance policies are available to provide additional major medical benefits.

A comprehensive affordable health insurance plan has been negotiated with UPMC Health Plan, so students should consider it if they do not have coverage to protect themselves against unexpected medical expenses. To contact UPMC Health Plan, call 1-888-499-6885.

International students at Pitt must carry medical health insurance and have the option to purchase the UPMC Health Plan insurance or provide evidence of private health insurance coverage.

Emergencies: In case of an emergency, go to the nearest hospital emergency room. UPMC Presbyterian, Montefiore, and Magee hospitals are all within the campus area in walking distance. Express services for common illnesses and injuries also are available at MedExpress Urgent Care in Shadyside and UPMC Urgent Care Shadyside from 9 a.m.-9 p.m.

SHS: www.studentaffairs.pitt.edu/shshome
Pitt Office of Human Resources: www.hr.pitt.edu/benefits/student-in

Disability Resources

The University is committed to providing academically qualified students with disabilities an equal opportunity to access a successful university experience to the greatest extent. Disability Resources and Services (DRS) will collaborate with you to help you reach your academic goals. If you have additional questions or specific disability-related needs, contact DRS directly by phone at 412-648-7890 or visit www.studentaffairs.pitt.edu/drsabout for additional information and staff contact listing.

Important University Academic and Wellness Resources

- **Academic Calendar**: www.provost.pitt.edu/information-on/calendar.html
- **Add/Drop classes**: Log on to my.pitt.edu>click on Student Center Login>Self Service>Student>and then select from the options
- **Career Development and Placement Assistance (CDPA)**: 200 William Pitt Union, 412-383-HIRE (4473), www.studentaffairs.pitt.edu/cdpa/about
- **Counseling Center (UCC)**: Wellness Center, Nordenberg Hall, 412-648-7930, www.studentaffairs.pitt.edu/ccappointments
- **Disability Resources and Services (DRS)**: 140 William Pitt Union, 412-648-7890, www.studentaffairs.pitt.edu/drsservices
- **Enrollment-related Resources—Registrar’s Office**: www.registrar.pitt.edu/enrollment.html
- **Information Technology**: 412-624-HELP (4357), helpdesk@pitt.edu, www.technology.pitt.edu
- **Student Financial Services**: Thackeray Hall, 412-624-7500, www.payments.pitt.edu/showme/index.php
- **Student Health Service**: Wellness Center, Nordenberg Hall, 412-383-1800, www.studentaffairs.pitt.edu/shshome
- **Writing Center**: 317B O’Hara Student Center (OSC), 412-624-6556, www.writingcenter.pitt.edu
Hospitals and Health Care Resources:

Student Health Svcs./Pharm. Nordenberg Hall 412-383-1800
Children's Hospital 4401 Penn Ave. 412-692-5325
Magee-Women's Hospital 300 Halket Street 1-866-696-2433
Matilda Theiss Health Center 373 Burrows Street 412-383-1550
MedExpress—Shadyside 5201 Baum Blvd. 412-687-3627
UPMC Montefiore 3459 Fifth Avenue 412-647-2345
UPMC Presbyterian 200 Lothrop Street 412-647-2345
UPMC Shadyside Hospital 5230 Centre Ave. 412-623-2121
UPMC Urgent Care—Shadyside 5231 Centre Avenue 412-623-4114
West Penn Hospital 4800 Friendship Ave. 412-578-5000
Western Psychiatric Institute 3811 O'Hara Street 412-624-1000
Other services (by specialty) Various - UPMC 412-647-8762

Banks:

Citizens Bank 4570 Fifth Ave. 412-621-3345
Citizens Bank 3718 Fifth Ave. 412-683-1111
Dollar Bank 3714 Fifth Ave. 412-621-3178
Eureka Bank 3455 Forbes Ave. 412-681-8400
Northwest Savings Bank 201 North Craig St. 412-682-0700
PNC Bank 4600 Fifth Ave. 412-683-7161
PNC Bank 4612 Forbes Ave. 412-681-4200
PNC Bank Nordenberg Hall 412-621-0300

Nearby Places of Worship:

Bellefield Presbyterian Church 4001 Fifth Ave. 412-687-3222
Calvary Episcopal Church 315 Shady Ave. 412-661-0120
Church of Jesus Christ of LDS 236 North Dithridge St. 412-802-6087
Church of the Ascension 4729 Ellsworth Ave. 412-621-4361
City Reformed Presbyterian 3524 Blvd of the Allies 412-720-7014
East Liberty Presbyterian Church 116 South Highland Ave. 412-441-3800
Eastminster Presbyterian 250 North Highland Ave. 412-361-7788
First Baptist Church 159 North Bellefield Ave. 412-621-0500
First Church of Christ, Scientist 201 North Dithridge St. 412-621-5339
First Trinity Lutheran Church 535 North Neville St. 412-683-4121
First Unitarian Church 605 Morewood Ave. 412-621-8008
First United Methodist Church 5401 Centre Ave. 412-681-4222
Heinz Memorial Chapel 1212 4200 Fifth Ave 412-624-4156
Holy Spirit Byzantine Church 4815 Fifth Ave. 412-687-1220
Hillel Jewish University Center 4607 Forbes Ave. 412-621-8875
Korean Central Church of Pgh. 821 South Aiken Ave. 412-621-1800
Lutheran University Center 4515 Forbes Ave. 412-682-6886
Mt. Ararat Baptist Church 271 Paulson Avenue 412-441-1800
North Way Christian Community 120 McKee Place 724-935-6800
Rodef Shalom Congregation 4905 Fifth Ave. 412-621-6566
Rodman Street Baptist Church 6111 Rodman St 412-363-8082
Ryan Catholic Newman Center 4450 Bayard St. 412-681-3181
Shadyside Presbyterian Church 5121 Westminster Pl. 412-682-4300
St. Andrew’s Lutheran Church 304 Morewood Ave. 412-682-3342
St. Nicolas Greek Orthodox 419 South Dithridge St. 412-682-3866
St. Paul’s Cathedral 108 North Dithridge St. 412-621-4951
St. Regis Parish 3235 Parkview Ave. 412-681-9365
The Islamic Center of Pittsburgh 4100 Bigelow Blvd. 412-682-5555
The Open Door 801 North Negley Ave. 412-215-6398
Tree of Life Open Bible Church 54 Bates Street 412-475-8733

Some Local Stores/Pharmacies:

24x7 Convenience Store 229 Atwood Street 412-904-4267
7-Eleven 3953 Forbes Avenue 412-682-6108
Bombay Mart 326 Atwood Street 412-682-2111
Campus Mart 228 Semple Street 412-621-4062
CVS 3440 Forbes Avenue 412-682-1088
Giant Eagle Market Dist. 5550 Centre Avenue 412-681-1500
CVS 4610 Centre Avenue 412-683-8827
GNC 3725 Forbes Avenue 412-682-5008
Heiber’s Pharmacy 3500 Fifth Avenue 412-681-6400
IGA Market on Forbes 3609 Forbes Avenue 412-621-1212
Kohli’s Indian Imports 319 S. Craig Street 412-621-1800
Meraete Groceria 3454 Bates Street 412-683-3924
Oak Hill Market 504 Oak Hill Drive 412-863-7160
Oakcliffe Corner Store 3200 Kennett Street 412-621-0747
Oakland Mini Market 449 Atwood Street 412-687-8555
One Stop Convenience 3601 Blvd of the Allies 412-621-4539
Oriental Super 366 Atwood Street 412-683-2031
Panther Hollow Junction 340 S. Bouquet Street 412-904-1647
Rite Aid 3700 Forbes Avenue 412-681-1332
Rite Aid 209 Atwood Street 412-621-4338
Seoul Mart 4701 Fifth Avenue 412-622-7313
Veracruz Mexican Grocery 413 Semple Street 412-621-7405
Important Phone Numbers

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<tr>
<th>Ambulance/Fire/Police</th>
<th>911</th>
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<tr>
<td>Pittsburgh Action Against Rape 24-hour Confidential Free Helpline</td>
<td>1-866-363-7273</td>
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<tr>
<td>University Police</td>
<td>412-624-2121</td>
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<tr>
<td>SafeRider</td>
<td>412-648-CALL (412-648-2255)</td>
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<tr>
<td>Human Services Emergencies</td>
<td>211</td>
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<tr>
<td>Pitt Off-Campus Living</td>
<td>412-624-6998</td>
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<tr>
<td>Code Violations - call City, or Permits, Licensing, &amp; Inspection</td>
<td>311 or 412-255-2175</td>
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<tr>
<td>UPMC Presbyterian Hospital</td>
<td>412-647-2345</td>
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<tr>
<td>Landlord (write in number)</td>
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<tr>
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<th>311</th>
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<tr>
<td>Pittsburgh Poison Center</td>
<td>1-800-222-1222</td>
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<tr>
<td>Pitt Sexual Assault Services</td>
<td>412-648-7856</td>
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<tr>
<td>Student Health Services</td>
<td>412-383-1800</td>
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<tr>
<td>Fair Housing Partnership</td>
<td>412-391-2535</td>
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<tr>
<td>University Counseling Center</td>
<td>412-648-7930</td>
</tr>
<tr>
<td>Pitt Crisis/Emergency Services (M-F: 9 a.m.—5 p.m.)</td>
<td>412-648-7930</td>
</tr>
<tr>
<td>University — Main Number</td>
<td>412-624-4141</td>
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Additional Resources

- **Academic Resource Center:** 412-648-7920, asundergrad.pitt.edu/arc
- **Career Development and Placement Assistance:** 412-383-HIRE (4473), studentaffairs.pitt.edu/cdpa/about
- **Disability Resources and Services:** 412-648-7890, studentaffairs.pitt.edu/drsservices
- **For Safety’s Sake:** safety.pitt.edu/index.html
- **Graduate Student Government Board:** gpsa.pitt.edu
- **Information Technology:** 412 624-HELP [4357], technology.pitt.edu
- **Let’s Raise Awareness and Victim Empowerment:** studentaffairs.pitt.edu/saspeer
- **Off-Campus Living:** 412-624-6998, ocl.pitt.edu
- **Personal Education, Assistance & Referral:** studentaffairs.pitt.edu/shspear
- **Pitt Tool Kit:** commuter.pitt.edu/tool-kit/
- **PittServes:** pittserves.pitt.edu
- **Registrar’s Office:** 412-624-7600, registrar.pitt.edu
- **SafeRider:** pc.pitt.edu/transportation/saferider.html
- **Safety Tips:** safety.pitt.edu/SafetyTips/index.html
- **Sexual Assault Resources:** studentaffairs.pitt.edu/sasresources
- **Student Affairs:** 412-648-1006, studentaffairs.pitt.edu
- **Student Code of Conduct:** studentaffairs.pitt.edu/sacode
- **Student Government Association:** sgb.pitt.edu
- **Student Financial Services:** 412-624-7500, payments.pitt.edu
- **Writing Center:** writingcenter.pitt.edu

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