MIDDLEBURY COLLEGE
STUDENT WORKBOOK
2015–16
Welcome to Middlebury! This workbook is a great resource for you as you prepare for your arrival on campus. It also has important and helpful information for you once you’re here, so be sure to bring it to campus.

**THINGS TO DO NOW!**

- **Pre-Arrival Checklist**
  BannerWeb is Middlebury’s online database for your academic and personal information. It includes your pre-arrival checklist and a number of important forms you need to complete as soon as possible. Many are due immediately, or over the next few months. All of them can be completed easily and electronically through BannerWeb.

  Type [go.middlebury.edu/bannerweb](http://go.middlebury.edu/bannerweb) into your browser. Log in with your user ID (refer to your welcome email for your 8-digit ID) and PIN (birthdate in MMDDYY format).

- **Your Middlebury College Email Account**
  If you haven’t already activated your email account, you’ll want to do it right now. It is the primary source of communication during these pre-arrival months, and you do not want to miss anything important.

  Type [go.middlebury.edu/activate](http://go.middlebury.edu/activate) into your browser. Log in with your user ID (refer to your acceptance email for your 8-digit ID) and PIN (birthdate in MMDDYY format unless you have created a new one).

  Once you’ve activated your account, check your email regularly at [go.middlebury.edu/webmail](http://go.middlebury.edu/webmail).
Orientation Plans

Please review the Orientation website at go.middlebury.edu/orientation. If you find you have a question that can’t be answered by consulting the website, send an email to orientation@middlebury.edu or call us at 802-443-3103.

Preferred Name

Middlebury recognizes that some members of our community use names other than their legal names to identify themselves. In BannerWeb, you can indicate your preferred first name regardless of whether or not you have legally changed it—provided that it is not for the purpose of misrepresentation (using inappropriate names or using the process to avoid a legal obligation). Preferred first names that differ from your legal name will be used solely for Middlebury’s internal systems. You will also be able to indicate a preferred gender pronoun (him, her, them, etc.) and name prefix (Mr., Ms., Miss, etc.). If you have any questions, contact Jennifer Herrera, associate director of the Intercultural Center at jherrera@middlebury.edu. go.middlebury.edu/preferredname

Campus Maps

Maps are available at go.middlebury.edu/campusmap.

Clothing

Attire is mostly informal, but you will need to dress up on occasion. The winter months bring cold days, some subzero. You will want a warm winter coat, hat, scarf, mittens, socks, boots, and sweaters. Students here often sacrifice style for warmth and comfort.

Computers

Windows and Apple are supported on campus. Find out more at go.middlebury.edu/computers or email helpdesk@middlebury.edu for recommended systems and configurations. Residence halls use a hard-wired network and most have wireless, but an ethernet cord is good to have for streaming video and for high-traffic times.

Mail Services

Every student is assigned a mailbox number and combination, which you will find on BannerWeb under Personal Information (after July for September arrivals and January for February arrivals). Instructions are posted in the Student Mail Center in McCullough.

Your address at Middlebury College for all mail and packages:

Student Name
(Your Box #) Middlebury College
14 Old Chapel Rd.
Middlebury, VT 05753

Students have access to their mailboxes from 7 a.m. to midnight daily. The business window has weekday hours from 9 a.m. to 4 p.m. The business window is typically closed on Saturdays, but it will be open on all Saturdays in September, 9 a.m. to noon. Be sure to properly close and lock your mailbox to avoid theft. Postage and other mailing supplies are not available at the Mail Center, but you can purchase them next door at MiddXpress or at the College Bookstore.

Mailing Packages Ahead

Please do not send packages before August 25 or January 30 for those arriving in February. When your package arrives, you will receive an email to pick it up at the Mail Center. If your package is at the warehouse, you will receive a white slip in your mailbox. Please bring the slip and your ID to the warehouse for pickup. Packages should not weigh more than 50 lbs.

College Bookstore Specials

The College Bookstore offers a wide range of products and services to ease your transition into the residence halls at the start of the year. go.middlebury.edu/bookstore

The Panther Dorm Shop will be open throughout orientation and will have assorted room supplies for sale, including towels, rugs, and refrigerators.
MOVING IN

Packing up the car? Shipping boxes? Making a list of what you’ll need? Be sure to check out the Orientation website for specifics, but here are a few quick tips.

What’s provided
- An extra-long twin bed (36” x 80”); mattresses are extra-long, 80-inch, twin
- Closet
- Desk and chair
- Bookshelf
- Waste basket and recycling bin
- Dresser
- Whiteboard on the door exterior
- Face mirror (some rooms come with full-length as well)

What you’ll need
- Twin extra-long (80”) sheets, comforter, pillows, blanket(s), and mattress pad
- Towels (two are ideal, one to use while washing the other!)
- Study lamp and/or floor lamp with lightbulbs
- Small area rug or carpet remnant up to 16 x 10 feet in size
- Hangers
- Power strips (instead of extension cords) with surge protection
- Posters, pictures, flags, and other decorations that can be affixed to the wall without using nails, cellophane tape, and screws.

What NOT to bring
- Halogen lights
- String lights
- Candles, incense, and any devices that create open flames
- Electrical appliances with exposed heating elements such as toasters, heaters, and hot plates (except irons with automatic shutoff mechanisms)
- Pets, other than sanctioned support animals.

For more information, visit go.middlebury.edu/residentialpolicies.

- Residence Hall Linens offers college bedding at reasonable prices, delivered directly to campus. www.rhl.org/mdl
- The Apple Campus Store and Certified Apple Tech are located in the bookstore year round, offering Apple products, some at educational discount prices.

BIKES AND CARS

Parking on campus is limited and often far from first-year residence halls. Most businesses in town are within a short walk. Zipcar, ride sharing, and carpooling are also resources. If you bring a bicycle to campus to help you get around, you must register it with Public Safety. go.middlebury.edu/bikereg

Likewise, if you bring a car, it must also be registered with Public Safety before you arrive.

BOOK YOUR BREAK SHUTTLE NOW!

A limited number of shuttles will be available for new students from the Burlington Airport to campus on the first day of orientation. Visit go.middlebury.edu/boxoffice for the schedule.

For college breaks, the SGA provides inexpensive and convenient service to and from:
- Burlington International Airport (which serves as a transportation hub for major airlines such as Continental, Delta, JetBlue, United, and USAir)
- Burlington Greyhound Station (providing bus service to Montreal and Boston four times daily)
- Boston (South Station)
- New York City (Penn Station, Grand Central Station, and White Plains Metro North Station)
- New Jersey (Ridgewood Park & Ride)

The Premier Coach buses all have Wi-Fi and depart from campus at Adirondack Circle. Purchase tickets through the Box Office online at go.middlebury.edu/boxoffice or in the Mahaney Center for the Arts or McCullough Student Center. go.middlebury.edu/sgabus
ORIENTATION

New student orientation is a key part of making a smooth transition to your Middlebury College experience. Whether you’re arriving in September or February, all the information you need about schedules and activities will be posted online. When you arrive, you’ll receive a complete and detailed schedule. go.middlebury.edu/orientation

If you are enrolled as an international, transfer, or exchange student, please read carefully the section after this one that applies to you. It will contain information specific to your arrival and orientation situation.

September 8-15, 2015
- Early Arrival: Sept. 5-8
  (for registered international students, including exchange and U.S. abroad students)
- Move-In Day for New Students:
  Sept. 8 from 9 a.m.–2 p.m.
- Family Orientation: Sept. 8-9
  (begins and ends around noon)
- Orientation Trips: Sept. 11-13

February 10-14, 2016
- Early Arrival: Feb. 9-10
  (for registered international students, including exchange and U.S. abroad students)
- Move-In Day for New Students:
  Feb. 10 from 8:30 a.m.–2 p.m.
- Family Orientation: Feb. 10-11
  (begins and ends around noon)
- Orientation Trips: Feb. 20-21

ARRIVAL
All new students arriving in September or February should be on campus on the first day of orientation. Moving onto campus earlier is not permitted. Welcome Centers are open from 9 a.m.–2 p.m., and students and families can arrive any time between these hours. The Commons team and orientation leaders will be on hand to help you move into your room and begin the process of getting to know the College.

You will also receive helpful information, including a complete orientation schedule, your class registration materials, and other important documents; your MiddCard (you must submit your ID photo before you arrive at www.middlebury.edu/idcard); and the key to your room.

ARRIVAL FOR PRESEASON ATHLETES
Students who have been invited to participate in preseason practices for a fall sport should contact their coaches directly to learn about arrival details.

ORIENTATION
Orientation is an extensive multiday program focusing on academics, tradition, and community. You and your new classmates will meet with academic advisers, participate in traditional ceremonies and events, engage in community-building activities, and learn the values of scholarship and community living.

The theme for orientation is Explore-Connect-Create. Before your arrival, you should spend some time reflecting on what these three words mean to you. What are some of the different ways we might be thinking about exploring, connecting, and creating, both as individuals and as an academic community? The faculty, staff, and students at Middlebury College take very seriously the challenges and rewards of living and working together in a close-knit community, so it is important for you to give careful thought to what your role will be.

Throughout orientation, you will explore the many facets of Middlebury College. Many of the student services offices will be open and available so that you and your family can learn about their programs and meet their staff members. There will also be time set aside for students to discover the town of Middlebury and the cultural landscape of Vermont.
ORIENTATION TRIPS

September: For September arrivals, all new students will have the opportunity to participate in MiddView trips. The trips are a 25-year tradition at Middlebury and offer the opportunity to begin your college experience with a small group of classmates and student leaders. After several days on campus, students will depart. No previous experience is necessary, and we encourage you to choose a trip that will introduce you to something new. A complete list of September trips is available at go.middlebury.edu/trips, and they are organized into three categories:

Community engagement: connecting with community partners and providing service.
Vermont exploration: exploring various aspects of Vermont’s cultural landscape.
Wilderness exploration: heading outdoors for adventure.

February: Students arriving in February participate in February Outdoor Orientation, better known as FOO! Students can choose to join small groups of 5–8, with 2–3 trained leaders, and head into the winter backcountry on skis or snowshoes for two days and one night of frosty fun, or to participate in community engagement trips similar to those in September.

All trips provide a small-group experience in which participants have the opportunity to connect with peers and learn about Middlebury College and the surrounding communities. go.middlebury.edu/woo

STUDENT ACCESSIBILITY SERVICES

Nearly one in every 13 Middlebury students has self-identified as having a disability in some way. If you have a documentable disability, please contact Student Accessibility Services (SAS). The SAS office provides confidential services and reasonable accommodations for students who have special needs affecting their learning, vision, hearing, speech, mobility, and physical and psychological health. Such services can include the assigning of note takers, readers, or scribes; access to scanners, screen-reading software, or large-print software; interpreting services; Phonic Ear assistive listening systems; extended time on tests; and more. go.middlebury.edu/ada

INTERNATIONAL AND EXCHANGE STUDENTS

International Student and Scholar Services (ISSS) provides international students, including exchange and U.S. students living abroad, with accurate, timely, and knowledgeable U.S. immigration and visa-related support. ISSS also oversees Middlebury’s involvement with the U.S. government’s Student and the Exchange Visitor Information System (SEVIS), which is used to issue visa-related documents. Please read the following information about your arrival carefully. Links for all the forms you will need, including visa and travel information, can be found on our website. You can also meet our staff and get to know the faces of the people who will be helping you once you arrive. go.middlebury.edu/isss

EARLY ARRIVAL

If you are a new international student, including exchange and U.S. students living abroad, we invite you to arrive on campus early. Whether you arrive in September or February, this will allow you time to recover from your travels, learn about your U.S. visa status, and become familiar with resources that will help with your transition from home to Middlebury. ISSS staff, program arrival leaders (PALs), and current Middlebury students will assist you as you navigate your way around the College. At this time, you will receive access to your residence hall and are expected to stay on campus beginning this date. Students who enter the U.S. earlier will be responsible for their own travel arrangements and accommodations. Early access to residence halls is not possible. Detailed information about early arrival and pre-orientation is available on our website. Registration is required in order to participate. See the previous section for more information about September and February Orientation.
September 5–8  
Early Arrival Day: Sept. 5 (Check-in starts 10 a.m. in the Axinn Center)

February 9–10  
Early Arrival Day: Feb. 9 (Check-in starts 10 a.m. in the Axinn Center)

**IMPORTANT DEADLINES**
The following forms can be found at  
www.middlebury.edu/international/isss

For September entrants  
Due May 1, 2015:
- Early arrival registration (recommended)
- I-20 application (required)
- Friends of International Students host program questionnaire (optional)

For February entrants  
Due September 1, 2015:
- Early arrival registration (recommended)
- I-20 application (required)
- Friends of International Students host program questionnaire (optional)

**TRAVEL TO MIDDLEBURY COLLEGE**
ISSS will provide transportation from Burlington, Vermont, to campus on arrival day only. Pick-up shuttles begin at 9 a.m. and continue until the last traveler arrives. Please try to arrive before 10 p.m. If you are unable to schedule your arrival during these times, please contact us at isss@middlebury.edu before you book a flight. If you choose to arrive earlier than arrival day, you are responsible for your own lodging. To request this service, please complete the travel information form at go.middlebury.edu/isss_travelinfo.

**SHUTTLE LOCATIONS**
- Burlington International Airport (BTV)  
  www.burlingtonintlairport.com
- Greyhound Bus Station (at the Burlington International Airport)
- Essex Junction-Burlington Train Station (ESX)

**CONNECTING WITH OTHERS**
There are students from over 75 countries at Middlebury College, and even if there is not a student from your particular country, there will certainly be someone from your region of the world. If you are interested in getting in touch with a current Middlebury student from your area, contact the International Students’ Organization (ISO) at iso@middlebury.edu.

**FRIENDS OF INTERNATIONAL STUDENTS HOST PROGRAM**
The Friends of International Students (FIS) host program matches students with local families to create an opportunity to share life experiences and cultures beyond the campus. ISSS actively supports Middlebury’s commitment to international education and diversity initiatives. If you are interested, you can fill out a questionnaire at www.middlebury.edu/international/isss/fis.
FAQS

When will I get my I-20? For September entrants who completed I-20 applications by May 1, your I-20 will be sent to you in early June. Please note that in order to send you your document, we must have a complete application and all supporting documents from you by May 1. If you have special circumstances, please make that request in writing and include details as to your circumstances. For February entrants, your I-20 application should be completed by September 1, and we’ll send your document in November.

How do I apply for a U.S. F-1 (student) visa? Complete instructions will be sent to you with your I-20. You must first obtain an I-20 form from Middlebury College, then arrange for an interview with a U.S. embassy or consulate to apply for the visa. To find the nearest embassy or consulate, refer to www.usembassy.state.gov. Please be aware that a U.S. F-1 visa cannot be issued prior to 120 days before your program start date, which is September 5, 2015, for September entrants and February 9, 2016, for February entrants. You may want to inquire at the embassy or consulate about the visa-application process in advance regarding scheduling an appointment, necessary forms, and required fees.

How long will it take to get my student visa? Waiting times vary. In some cases it only takes a week, and in other countries it may take more than a month. For an estimate of the current visa wait times at the embassy nearest you, please refer to www.travel.state.gov/visa/temp/wait/wait_4638.html.

When can I enter the United States using my new student visa? You may enter the U.S. up to 30 days prior to the program start date noted on your I-20. Please be aware that shuttle service from the Burlington area to Middlebury College is only available on arrival day and you may not move onto campus any earlier.

Does my $300 enrollment deposit count towards my family contribution and my Middlebury College bill? Yes, it is applied to your bill and considered part of your family contribution. When completing the I-20 application, you may confirm that the deposit has been paid, which will serve as evidence of that portion of your family contribution.

Do I need to bring the full amount of my family contribution with me? Not necessarily. When Student Financial Services calculates your financial need and determines if you will receive assistance, they consider all the expenses that you will incur during your first year at Middlebury. This includes items that Middlebury College bills for and your own personal expenses. The comprehensive fee and the student activities fee will appear on your bill. Other expenses (such as books, supplies, personal items, and travel) are items you will need money for throughout the year. Taxes and health insurance are other possible expenses. You will need to have funds available to pay for those expenses when you make those purchases.

Are there other expenses I should be aware of? Yes, federal and state income taxes. You can expect to pay taxes on any income earned in the U.S., including employment wages and a portion of your grants/scholarships from Middlebury College. If you are subject to income taxes, the tax on your grants/scholarships will be charged to your bill at the beginning of each term. The amount of tax you owe will depend on the amount of funds you earn or receive and the tax treaty (if any) between your home country and the U.S. Taxes may represent an additional expense of more than $500 per year. It is your responsibility to file your income tax forms annually and pay your taxes in a timely way. Direct any questions to middleburytaxoffice@middlebury.edu.
TRANSFER STUDENTS

Middlebury enrolls a limited number of transfer students in September and February depending upon available space. The majority of transfer students are admitted as sophomores or first-semester juniors.

ARRIVAL
Orientation for September transfers will begin on September 8 and for February transfers on February 10. Early arrivals are not permitted.

Each year the orientation planning team develops an orientation schedule designed to meet the unique needs of transfer and exchange students. For quick answers to questions that might emerge for you between now and when you arrive, we encourage you to spend time on the Orientation website at go.middlebury.edu/orientation and be sure to browse the Transfer and Exchange section under the MiddView and February Orientation links to the left. We will be updating this site regularly, although the final transfer and exchange orientation schedule will not be posted until much later in the summer for September arrival and in January for February arrival. If you have a question that can’t be answered on the site, feel free to email orientation@middlebury.edu or call 802-443-3103.

ORIENTATION TRIPS

September: As part of orientation, transfer students participate in two days of off-campus experiences, returning to campus each evening. During these days you’ll explore areas and communities surrounding the College. You’ll travel with other transfer and exchange students to different places, always guided by other Middlebury College students.

The trips are divided into categories, and you’ll have the opportunity to participate in activities from each category during your two days of off-campus experiences. Some activities will last a half day and other activities may take a full day. In the past we’ve visited local schools and spent time talking with children about where we are from, visited local farms, or gone on a day hike.

As we get closer to the trips we’ll let you know if you need to bring anything special, but most of the activities are fairly simple. For all day trips, we recommend bringing a small backpack to carry a water bottle and sunscreen. The rest will depend on the activities you participate in. Each night you’ll return to your room on campus.

As we finalize our plans for these activities, we want to keep your interests in mind. Please refer to the new student checklist in BannerWeb for a link to our orientation trips form. This will allow you to submit your trip preferences. We’ll do our best to take them into consideration as we prepare for your arrival!

February: Transfer students arriving in February have the option to participate in February Outdoor Orientation, better known as FOO! Students can choose to join small groups of 5–8, with 2–3 trained leaders, and head into the winter backcountry on skis or snowshoes for two days and one night of frosty fun, or to participate in community engagement trips similar to those in September.

All trips provide a small-group experience in which participants have the opportunity to connect with peers and learn about Middlebury College and the surrounding communities.

CONNECTING WITH OTHERS
If you are interested in hearing from a current Middlebury transfer student, visit go.middlebury.edu/meetatransfer.

QUESTIONS?
If you have other questions regarding the transfer and exchange student orientation, please email orientation@middlebury.edu. Our staff checks this email regularly, and we will be in touch.
ACADEMIC LIFE

Middlebury College prepares students to be active citizens and leaders who can address the world’s most pressing problems. Its mission is advanced through students’ experiences with successes and challenges and is reflected in the following community standards:

- Cultivating respect and responsibility for self, others, and our shared environment;
- Encouraging personal and intellectual courage and growth;
- Manifesting integrity and honesty in all decisions and actions;
- Promoting healthy, safe, and balanced lifestyles;
- Fostering a diverse and inclusive community committed to civility, open-mindedness, and finding common ground.

THE HONOR CODE

Students pledge to hold themselves and each other to high standards of academic integrity. The essence of Middlebury’s honor code is that in order to become an educated person, you must be honest about what you do and do not know. You must express your ideas without unauthorized help; give credit to others for their ideas and their influence on your insights; and expect the same intellectual integrity from your peers. go.middlebury.edu/honorcode

LIBRARIES

Middlebury’s libraries include a variety of physical materials and online resources, including books, periodicals, government documents, DVDs, CDs, and music scores; unique rare book and manuscript collections; online journals and databases. Middlebury also has active sharing partnerships with other libraries across the country. go.middlebury.edu/lib

Davis Family Library: At a spacious 143,000 square feet—roughly three acres—the Davis Family Library includes 725 seats; robust wired and wireless computing networks; centrally accessible service desks; state-of-the-art classrooms and computer labs; offices for staff members supporting library and technology; and the Center for Teaching, Learning, and Research (CTLR). go.middlebury.edu/davislib

Armstrong Science Library: The James I. and Carol Aymar Armstrong Science Library, located in McCordell Bicentennial Hall, provides curriculum support in the fields of biology, chemistry and biochemistry, computer science, environmental studies, geography, geology, physics, and psychology. go.middlebury.edu/armstrong

MIDDFILES

Middfiles, also called Middcloud, is the College’s primary file server. This is where you should save all your important files because the servers are regularly backed up. Using Middfiles can save you from disaster if your computer crashes or freezes; even if you accidentally delete a file, you can usually restore your data. Also, any files saved on Middfiles are accessible from any public computer on campus for more convenient printing. All students are allocated personal space on the server and can have their quota increased on request. Middfiles also is the home of classes folders, where students and faculty can share files with each other. go.middlebury.edu/middfiles
CENTER FOR TEACHING, LEARNING, AND RESEARCH (CTLR)

CTLR, on the main floor of Davis Family Library, is where to go for help with writing, oral presentations, technology, quantitative reasoning, and time management, as well as peer mentoring, course-content tutoring, and English as a Second Language support. You can also get information and advice about research opportunities, including the new digital liberal arts initiative, and nationally competitive fellowships and scholarships, such as Fulbright, Watson, Rhodes, and Truman. go.middlebury.edu/ctlr

TECHNOLOGY QUESTIONS AND ANSWERS

Information Technology Services (ITS) offers the following information about computer facilities and support to help you acclimate to your new surroundings as quickly as possible:

- **Library and ITS Wiki** provides computing information for students and is an ideal place to start with any questions. go.middlebury.edu/liswiki-stu
- **The Technology Helpdesk** for computing issues is located on the main floor of the Davis Family Library. go.middlebury.edu/helpdesk
- **The Wilson Media Lab**, in Davis Family Library Room 220, has resources to assist in making movies and audio files. go.middlebury.edu/wilson
- **Lynda.com** is video-based online instruction for learning many software applications on your own. go.middlebury.edu/lynda
- **GO links**, shortcuts to various Middlebury web pages, are fast ways to find what you need. See the directory on page 31.

PAPERCUT

PaperCut is a system that tracks printing and copying. Students use it to view their account balances, see their recent activity, redeem cash card to add funds to an account, and request a refund if a copier or printer is reported as malfunctioning. go.middlebury.edu/papercutinfo

QUICK TIPS FOR LIBRARY RESEARCH

1. **Summon**: Start here to search for books, articles, electronic resources, and more.
2. **MIDCAT+**: Click here for our online catalog, including interlibrary loan/NExpress and WorldCat resources.
3. **Journals A–Z**: Find holdings in every format (electronic, print, and microfilm) in journals, magazines, and newspapers.
4. **Databases A–Z**: Search online databases (such as Academic Onefile) for scholarly articles and more.
5. **Research Guides**: Use these subject-specific guides created by librarians.
COMMUNITY LIVING

START MAKING FRIENDS
Rarely in life will you be surrounded by such a diverse group of people within a similar age group. So get out there and meet them. Start with hallmates and Commons events, branch out to clubs and intramural sports, and try out some lectures or films. But most of all, be yourself. That’s why you were admitted in the first place.

MAKE IT HAPPEN
Want to bring a speaker or a performer to campus, or throw a party? Get support through your Commons Council (go.middlebury.edu/commons), the Middlebury College Activities Board (go.middlebury.edu/mcab), student organizations (go.middlebury.edu/middlink), or the Small Concerts Initiative (go.middlebury.edu/bringaband).

Looking to fund an internship, research, or volunteer opportunity? The Center for Careers and Internships (CCI) has an extensive listing of funding sources. go.middlebury.edu/funding

Have a creative or entrepreneurial project? Find support through MiddSTART (go.middlebury.edu/middstart), the Center for Social Entrepreneurship (go.middlebury.edu/mcse), and Programs on Creativity and Innovation (go.middlebury.edu/pci).

LGBTQ
Middlebury has many active and welcoming resources for students identifying as lesbian, gay, bisexual, transgender, queer—or questioning their identities—and those who support them. go.middlebury.edu/lgbtq

EVENTS CALENDAR
Middlebury’s calendar includes day-to-day happenings on and around campus, including featured events, campus-wide activities, and general information. go.middlebury.edu/events

TICKETS
Many of the arts events and activities throughout the year are free, and those that are not are very affordable for students. go.middlebury.edu/boxoffice

STUDENT FRIENDS OF THE ART MUSEUM
Membership comes with many benefits, including:
- Free gift (museum T-shirt, tote bag, travel coffee mug, or Nalgene bottle)
- Subscription to the Middlebury arts calendar
- Invitations to special lectures, luncheons, and dinners
- Subscription to the Arts at Middlebury newsletter
- 15 percent discount on all items offered for sale by the museum
- Invitation to take part in Friends of Art trips at a student rate go.middlebury.edu/sfoam

LAUNDRY FACILITIES
There are laundry facilities with washers and dryers located in Atwater, Brackett, Brooker, Coffrin, Forest, Gifford, Hadley, Hepburn, Kelly, LaForce, Munford, Painter, Palmer, Prescott, Stewart, and 51 Franklin Street. On average, loads cost $1.25 to wash and $1 to dry. Rechargeable smart-chip cards cost $5: a one-time $2 fee for the card and $3 of laundry value. Unless lost or damaged, cards are rechargeable at add-value machines located in the entrance to Ross Dining Hall, Forest laundry room, Atwater laundry room, and McCullough next to the ATM. Cards can also be purchased at the College Bookstore.

TIPS FOR CONSERVING ENERGY
Middlebury has committed to being carbon neutral on the Vermont campus by 2016. You can help be a part of that by following these daily guidelines:

- Even when electronics are off or chargers are not connected to a device, they still use power. Use a power strip to cut power to everything in one fell swoop when you leave the room.

- Close the window before you turn up the heat or leave the room.

- Ditch the car. Walk and bike around campus, or check out the local bus schedule at go.middlebury.edu/actr.

- Wash on cold—clothes get just as clean and you save energy. And air dry your clothes—even some of them—and cut drying time.
HEALTH, WELLNESS EDUCATION, AND SAFETY

Life at college can be exciting. But it can also be challenging. It’s important to take care of yourself through a balanced lifestyle that includes a good diet and an appropriate amount of exercise, sleep, and play.

CULTURE SHOCK
Each year students arrive from across the United States and around the world. Adjusting to a new place and environment can be overwhelming and challenging. You may experience a mix of emotions that range from enthusiasm and curiosity to a sense of disorientation and anxiety. These feelings are normal occurrences when transitioning to a new culture or place. Here are some tips:

- Talk with someone to help you organize your thoughts, such as a friend, a member of your Commons team, an adviser, or the staff at Parton Counseling Services.
- Keep a journal to record your observations and growth in a new culture.
- Read a book or rent a video in a familiar language.
- Take a short trip—getting off campus can be beneficial and therapeutic.

HEALTH AND WELLNESS EDUCATION
The Health and Wellness Education office supports students’ holistic health and wellness by integrating prevention and health promotion to the campus community through lectures, workshops, and peer education and advocacy. Health promotion’s core is providing support and tools that allow you to explore your own wellness in the context of our Vermont-based and global communities. go.middlebury.edu/hwe

MIDDSAFE: MIDDLEBURY SAFE AND CONFIDENTIAL ADVOCATES
MiddSafe advocates are Middlebury students, faculty, and staff members committed to providing a safe and confidential resource for students in need of support and information around sexual assault, stalking, dating violence, domestic violence, and other personal violations. The student-staffed hotline is available 24/7 when undergraduate classes are in session: 802-377-0239. go.middlebury.edu/middsafe

PARTON CENTER FOR HEALTH AND WELLNESS
Parton Center promotes student well-being in a confidential environment. The excellent medical, counseling, and sports medicine staff are available to help if physical, emotional, or interpersonal issues become a problem. Routine services are free of charge. For emergency services, call 443-5911 or 911.

Health Services: Provides comprehensive acute health care for students, including caring for musculoskeletal injuries; assisting students in meeting their health needs; and facilitating a partnership with students to increase their knowledge of health and health care issues. go.middlebury.edu/health

Counseling: Provides support for students’ well-being and developmental growth within a safe, confidential environment. All services are confidential and free of charge. go.middlebury.edu/counseling

Sports Medicine: Provides athletic training and sports medicine services for varsity, club crew, and club rugby athletes, including injury-prevention education and the management and rehabilitation of athletic injuries. go.middlebury.edu/sportsmed
LOCAL MEDICAL RESOURCES
Check out Health Topics A-Z at go.middlebury.edu/health for a helpful list of off-campus medical resources, including dentists, doctors, pharmacies, and Porter Hospital, which is less than a mile from campus.

CAMPUS POLICIES
Middlebury has several policies to support its goals of building a safe, diverse, and inclusive campus where bigotry and intolerance are unacceptable. These include a threat assessment and response policy and other policies that strictly prohibit unlawful discrimination and harassment, including sexual harassment and sexual misconduct, dating violence, domestic violence, stalking, and related retaliation. Middlebury treats these matters seriously, and we encourage students who experience or witness any of these behaviors to speak up and contact their Commons dean, the Department of Public Safety, the College’s human relations officer (go.middlebury.edu/dochro), or the College’s judicial affairs officer (go.middlebury.edu/judicial). College policies relating to student conduct are detailed in the Middlebury College Handbook, which is available online.

OUT AND ABOUT
Middlebury College and the town of Middlebury are vibrant and active communities with plenty to do and see.

THINGS TO DO
If all the happenings on campus aren’t enough, or if you just need a break, the town of Middlebury offers plenty of diversion—from shopping, the Marquis movie theater, and places to eat out to exploring the Sheldon Museum, the Trail Around Middlebury (TAM), or the covered-bridge loop.

PLACES OF INTEREST
Edgewater Gallery, 1 Mill Street
Henry Sheldon Museum, 1 Park Street
Ilsley Public Library, 75 Main Street
Jackson Art Gallery (in Town Hall Theater)
Vermont Folklife Center, 88 Main Street

APPAREL
Clays, 60 Main Street
Forth 'N Goal Sports, 68 Main Street
Mendy’s Clothing, 66 Main Street
Middlebury Mountaineer, 2 Park Street
Neat Repeats Consignment Shop, 3 Bakery Lane
Retroworks Thrift Shop, 282 Boardman Street
Round Robin Thrift Shop, 211 Maple Street
Skihaus, 6 Merchants Row
Wild Mountain Thyme, 48 Main Street

PLACES TO EAT
(all within walking distance)
51 Main at the Bridge, 51 Main Street
American Flatbread, 137 Maple Street
Carol’s Hungry Mind, 24 Merchants Row
Costello’s Market, 99 Maple Street
The Diner, 66 Merchants Row
Fire and Ice, 26 Seymour Street
Green Peppers, 10 Washington Street
Jessica’s at the Swift House Inn,
   25 Stewart Lane
The Lobby, 7 Bakery Lane
Middlebury Bagel and Deli,
   11 Washington Street
Mister Ups, 25 Bakery Lane
Morgan’s Tavern at the Middlebury Inn,
   14 Court Square
Nino’s Pizza, 21 MacIntyre Lane
Noonie’s Deli, 137 Maple Street
Otter Creek Bakery, 14 College Street
Sabai Sabai, 22 Merchants Row
Sama’s Café, 54 College Street
Stone Leaf Teahouse, 111 Maple Street
Subway, 40 Court Street
Taste of India, 1 Bakery Lane
The Storm Café, 3 Mill Street
Two Brothers Tavern, 86 Main Street

GROCERIES
Hannaford Supermarket, 260 Court Street
Middlebury Natural Foods Co-op,
   9 Washington Street
Shaws, 8 Washington Street

OTHER SHOPPING
Accent Travel, 73 Main Street
Aubuchon Hardware, 40 Court Street
Ben Franklin Store, 63 Main Street
Bike Center, 74 Main Street
Clementine, 58 Main Street
Danforth Pewter, 46 Main Street
Kinney Drugs, 40 Court Street
Main Street Stationery, 40 Main Street
Marble Work’s Pharmacy, 99 Maple Street
Milne Travel, 15 Washington Street
Rainbow Room, 72 Main Street
Sweet Cecily, 42 Main Street

UPS Store, 105 Court Street
U.S. Post Office, 10 Main Street
Vermont Bookshop, 38 Main Street

MIDDLEBURY BANKS
Citizens Bank
36 Middle Road
www.citizensbank.com

Key Bank
47 Creek Road
www.key.com

National Bank of Middlebury
30 Main Street
www.nbmvt.com
Offers ePanther account for Middlebury College students and has two
ATMs on campus.

People’s United Bank
114 South Village Green
www.peoples.com

Vermont Federal Credit Union
1 Court Street
www.vermontfederal.org

GETTING AROUND
Zipcar: Zipcars are available to Middlebury students on an hourly and
daily rental basis (no overnights). go.middlebury.edu/zipcar

ACTR Bus: ACTR provides regular bus service in town and also to
Burlington on the Link bus. go.middlebury.edu/actr

Vermont Rideshare: Vermont Rideshare offers a free, computer-
generated match list of names, phone numbers, and schedules of
neighbors who want to share a ride to and from their workplaces.
go.middlebury.edu/rides
Taxis to Airport/Rail Transportation:
Middlebury is within driving distance to airports and railroad stations. There are airports in Burlington (45 mins), Rutland (1 hr), Montreal (2.5 hrs), Plattsburgh (1.5 hrs), Albany (2 hrs), Manchester (3 hrs), and Boston (3.5 hrs). Train stations are in Rutland, Port Henry, Essex Junction, and Albany. Many companies listed below offer group packages.

Middlebury Transit
800-388-1002 (24 hours)
www.middleburytransit.com

Vermont Tour and Charter
802-734-1293
vermonttourandcharter@gmail.com

Jessica’s Vital Transit
802-349-8833
www.JessicasVT.com

New England Taxi
Airport Transportation
802-598-7254 or 802-559-6018
www.newenglandtaxi.com

Megabus
megabus.com

GO LINKS

OFFICE/LOCATION
Armstrong Library
Arts
Athletics
Box Office
Center for Careers and Internships
Center for the Comparative Study of Race and Ethnicity
Center for Social Entrepreneurship
Center for Teaching, Learning, and Research Commons:
Atwater
Brainerd
Cook
Ross
Wonnacott
Community Engagement
Counseling Services
Davis Family Library
Dean of the College
Health Services
Health and Wellness Education
International Student and Scholar Services
May Belle Chellis Women’s Resource Center
Mail Center
MiddCORE
Orientation
President’s Office
Programs on Creativity and Innovation in the Liberal Arts
Public Safety
Rohatyn Center for Global Affairs
Charles P. Scott Center for Spiritual and Religious Life
Sports Medicine
Student Accessibility Services
Student Activities
Student Employment Office
Student Financial Services
Study Abroad
Sustainability Integration Office
Title IX Coordinator

URL
go.middlebury.edu/armstrong
go.middlebury.edu/cfa
go.middlebury.edu/athletics
go.middlebury.edu/boxoffice
go.middlebury.edu/cci
go.middlebury.edu/ccsre
go.middlebury.edu/mcse
go.middlebury.edu/ctlr
go.middlebury.edu/atwater
go.middlebury.edu/brainerd
go.middlebury.edu/cook
go.middlebury.edu/ross
go.middlebury.edu/wonnacott
go.middlebury.edu/ce
go.middlebury.edu/counseling
go.middlebury.edu/davislib
go.middlebury.edu/doc
go.middlebury.edu/health
go.middlebury.edu/hwe
go.middlebury.edu/iss
ngo.middlebury.edu/chellis
go.middlebury.edu/studentmail
go.middlebury.edu/MiddCORE
go.middlebury.edu/orientation
go.middlebury.edu/president
go.middlebury.edu/pci

go.middlebury.edu/psafe

If you’re connected to the internet on campus, simply type go/(shortcut link here).