

## Local Profile & Climate

Regent University is located on the east coast of the United States in the city of Virginia Beach. The city of Virginia Beach has 29 miles of beaches and Regent University is approximately 12 miles from the nearest beach. With approximately 425,250 residents, it has the largest population of Virginia cities. Even with such a large population, Virginia Beach has been named one of the safest cities in America.

Virginia Beach experiences mild weather and temperatures, compared to other areas in Virginia and the East Coast of the United States. Temperatures vary according to the four seasons (winter, spring, summer, and fall), and extreme temperatures are rare. Temperature changes can be unpredictable, so it is a good idea to prepare for any kind of weather. Short sleeved shirts and shorts are often worn in the summer and light coats are commonly worn in the winter. A sweater or sweatshirt will come in handy, not only for the winter, but also during the summer for indoor usage with the heavy use of air conditioning you will find here. Due to a sizable number of flowering trees that bloom in the Hampton Roads area every spring, students with allergies are advised to bring their allergy medications with them as long as they meet the United States customs regulations.

### **July (summer):**

Average Maximum Temperature: 31° C; 87° F

Average Minimum Temperature: 22° C; 72° F

### **January (winter):**

Average Maximum Temperature: 9° C; 48° F

Average Minimum Temperature: 0° C; 32° F

The region around Virginia Beach, known as “Hampton Roads”, is one of the most historic areas of the United States. Jamestown, the first permanent English settlement in North America, is less than an hour's drive from Regent. Important battles in both the U.S. Revolutionary and Civil Wars were fought in this area. Washington D.C. is 200 miles/322 kilometers from Virginia Beach, a good distance for a weekend away. In addition there is an overnight bus you can take to New York City for approximately \$60 roundtrip.

The following websites will help you become familiar with the Virginia Beach area before you arrive:

Virginia Beach Visitor's Bureau: <http://www.vbfun.com>

City of Virginia Beach: <http://www.vbgov.com/visitors/>

Norfolk & Virginia Beach Museums: <http://www.pagehouseinn.com/museums.htm>

The Virginia Beach Hotel-Motel Association: <http://www.vbhma.com/>