

Local Shopping, Dining, & Transportation

Public ground transportation in Virginia Beach includes local buses, taxis, trains, and long-distance buses. For those students living on campus, a bicycle is a good choice of transportation since several stores and banks are within a short ride of campus (1-2 miles). All students are strongly advised to wear a helmet when riding their bikes and to be mindful of the Virginia Department of Transportation Laws on Bike Riding and Safety, which can be found at: <http://www.virginiadot.org/programs/bk-laws.asp>

University Shuttle

Regent University provides a shuttle service within the university campus and the Regent Village and Regent Commons apartments. The shuttle runs for specified hours in the morning and evening on a 15 or 20 minute circuit. For times and locations of the shuttle stops, see the shuttle website at <http://www.regent.edu/shuttle>.

Buses

In this area, a majority of the people who use public transportation are those who cannot afford cars. It's relatively easy to get around Norfolk on buses, but it may take 2 hours to go anywhere in Virginia Beach. All buses cost \$1.50 and accept exact change only. Hampton Roads Transit (HRT) can be contacted for more information.

HRT website: <http://www.gohrt.com>; Route & Schedule Information: 757-222-6100.

Taxis

Taxicab service is another possibility that you might want to consider for your first few days at Regent. The cost for taxi service in Virginia Beach is about \$3.25 to enter the cab (initial fee), and about \$2.40 per mile after the initial fee.

Trains

The closest train station (Amtrak) is in Newport News, but tickets can be purchased from Norfolk and the prices include transportation (via bus) to the train station in Newport News. Fares vary greatly, so it's best to call Amtrak with your questions. You must make a reservation, preferably a week in advance to get the best fare. Call 1-800-872-7245 or search www.amtrak.com for more information.

Long-distance Buses

The Greyhound/Trailways bus station is in downtown Norfolk near the Scope Arena at 701 Monticello Avenue. Fares and times vary, so call 1-800-231-2222 for specific information. Several independent bus companies offer low cost travel from Virginia Beach to New York City's Chinatown. Tickets are approximately \$60 roundtrip. Two such providers are:

--Tiger Travel Bus: www.nytiger.com

--AA Double Happiness Chinatown Bus: www.aabus.com

Automobiles

Due to limited public transportation in the United States, many international students choose to purchase a car. Although cars provide a greater range of freedom and have been a good choice for some international students, there are several additional expenses that must be considered, such as taxes, insurance, vehicle registration, maintenance, and gasoline. Buying a used car can be much less expensive than buying a new car but can also be much more troublesome and

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costly in the long run. A helpful website for students planning to purchase a car in the U.S. is: www.cars.com. Students who do not know much about cars are well advised to take a knowledgeable person with them when shopping for a used car.

Shopping

For basic shopping needs, there are grocery stores, restaurants, several shopping centers, banks and an oriental market within walking distance from the university. The closest shopping center is University Shoppes, located across the street from the Regent Campus on Indian River Road and includes several small restaurants, a gas station, and a YMCA gymnasium. The Kemps River Shopping Center is 1 mile from campus on the corner of Indian River Road and Kempsville Road. It has a range of shops, small restaurants, a grocery store, a bank and an oriental market. There are two other nearby grocery stores in the area at Woods Corner shopping center: Food Lion is in the low- to mid- price range and Farm Fresh in the mid- to high- price range. The OISS occasionally runs a shopping shuttle for international students who lack other means of transportation. Description of finer shopping and dining can be found on these two websites: <http://www.towncenterofvirginiabeach.com>
<http://www.shopmacarthur.com>.

International Restaurant Guide

The OISS has compiled a list of various international restaurants and ethnic grocery stores in the Virginia Beach/Hampton Roads area. Though not exhaustive, the International Restaurant and Grocery Guide will provide you with an initial introduction to the foods available in this region. The list is available on the OISS website under Resources: http://www.regent.edu/admin/stusrv/iss/intl_rest_groc.cfm.