

PSU GUIDE

2019 / 20

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A PUBLICATION OF

**PRESS &
JOURNAL**

CORPORATE OFFICE:
20 South Union Street
Middletown, PA 17057

PRINTING PLANT:
109 Poplar Street
Middletown, PA 17057

(717) 944-4628

pressandjournal.com
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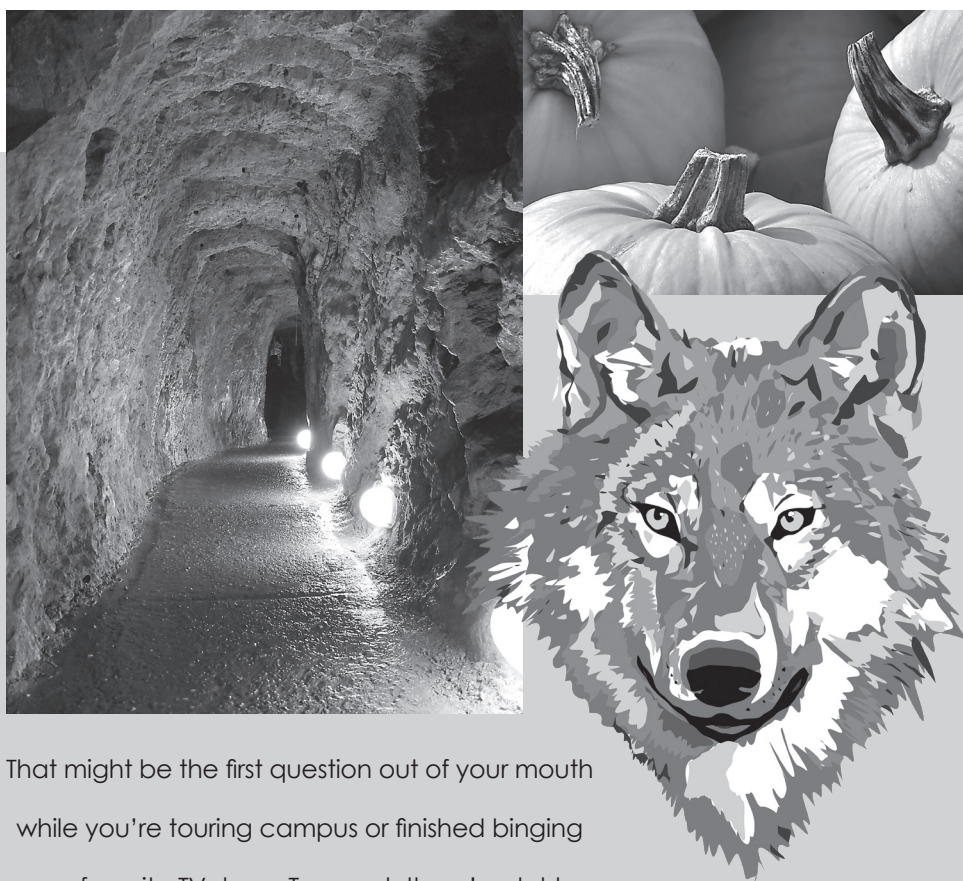
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PUMPKINS, CAVES & WOLVES:

So, what exactly is there to do in & around Middletown?



That might be the first question out of your mouth while you're touring campus or finished binging your favorite TV show. Turns out, there's a lot to do in the both in Middletown and within driving distance throughout the year. >>

ACTIVITIES:

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Capital Area Transit

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CAT Route 7

**Harrisburg (TRANSFER CENTER) TO
Penn State & Middletown (MAIN & VINE STREETS)**

WEEKDAY SCHEDULE MONDAY - FRIDAY

DEPART Harrisburg	ARRIVE Penn State	ARRIVE Middletown
5:00 AM	5:35 AM	5:44 AM
5:30 AM	6:05 AM	6:14 AM
6:10 AM	6:45 AM	6:54 AM
6:40 AM	7:15 AM	7:24 AM
7:40 AM	8:15 AM	8:24 AM
8:40 AM	9:15 AM	9:24 AM
9:30 AM	10:05 AM	10:14 AM
10:30 AM	11:05 AM	11:14 AM
11:30 AM	12:05 PM	12:14 PM
12:30 PM	1:05 PM	1:14 PM
1:30 PM	2:05 PM	2:14 PM
2:30 PM	3:05 PM	3:14 PM
3:15 PM	-	3:51 PM
3:45 PM	-	4:21 PM
4:15 PM	-	4:51 PM
4:45 PM	-	5:21 PM
5:15 PM	-	5:51 PM
5:45 PM	-	6:21 PM
6:30 PM	7:05 PM	7:09 PM
7:00 PM	-	7:36 PM

SATURDAY SCHEDULE NO SERVICE ON SUNDAYS

DEPART Harrisburg	ARRIVE Penn State	ARRIVE Middletown
7:00 AM	7:29 AM	7:35 AM
9:00 AM	9:29 AM	9:35 AM
11:00 AM	11:29 AM	11:35 AM
1:00 PM	1:29 PM	1:35 PM
3:00 PM	3:29 PM	3:35 PM
5:00 PM	5:29 PM	5:35 PM
7:00 PM	7:29 PM	7:35 PM

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WEEKDAY SCHEDULE MONDAY - FRIDAY

DEPART Middletown	ARRIVE Penn State	ARRIVE Harrisburg
5:03 AM	-	5:43 AM
5:33 AM	-	6:13 AM
6:03 AM	-	6:43 AM
6:33 AM	-	7:13 AM
7:03 AM	-	7:43 AM
7:33 AM	-	8:13 AM
8:33 AM	8:45 AM	9:19 AM
9:33 AM	9:45 AM	10:19 AM
10:33 AM	10:45 AM	11:19 AM
11:33 AM	11:45 AM	12:19 PM
12:33 PM	12:45 PM	1:19 PM
1:33 PM	1:45 PM	2:19 PM
2:33 PM	2:45 PM	3:19 PM
3:33 PM	3:45 PM	4:19 PM
4:03 PM	-	4:43 PM
4:33 PM	-	5:13 PM
5:03 PM	5:15 PM	5:49 PM
5:33 PM	5:45 PM	6:19 PM
6:03 PM	6:15 PM	6:49 PM
6:33 PM	6:45 PM	7:19 PM
7:18 PM	7:30 PM	8:04 PM
7:48 PM	8:00 PM	8:34 PM

SATURDAY SCHEDULE NO SERVICE ON SUNDAYS

DEPART Middletown	ARRIVE Penn State	ARRIVE Harrisburg
8:03 AM	8:09 AM	8:38 AM
10:03 AM	10:09 AM	10:38 AM
12:03 PM	12:09 PM	12:38 PM
2:03 PM	2:09 PM	2:38 PM
4:03 PM	4:09 PM	4:38 PM
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PUMPKINS, CAVES & WOLVES:

Things to do in fall

Pumpkin Fest

September 15th, 10 a.m. - 6 p.m.
999 West Harrisburg Pike, Middletown
0.6 miles from campus

Break out the pumpkin spiced lattes and plaid scarves because The Middletown Home's Pumpkin Fest literally has everything you could want to do to ring in fall. Last year's lineup included hayrides, pumpkin painting, and pumpkin chucking.

Indian Echo Caverns

368 Middletown Road, Hummelstown
5.5 miles from campus

Let's face it, rocks are cool. This limestone cave is filled with stalagmites and stalactites. It's open year-round, and it costs \$18.50 for adults. Depending on when you visit, check out Challenge Family Fun Center (aka proving that you're the best at mini golf) near the entrance.

Pennsylvania Renaissance Faire

2775 Lebanon Road, Manheim
22.3 miles from campus

Lend me your ears, my lords and ladies, because the Pennsylvania Renaissance Faire is returning to the Mount Hope Estate from August 3 to October 27. Take part in one of their themed weekends or come to watch the joust or just to eat a pickle on a stick.

Eastern State Penitentiary

2027 Fairmount Avenue, Philadelphia
101 miles from campus

If you make a trip into Philadelphia (check the Amtrak train schedule from Middletown before you decide to drive), the penitentiary is a must-see. During Halloween season, the former prison is transformed into a haunted house called the Terror Behind the Walls. It's legit.

Things to do in winter

ABC East Bowling Lanes

1001 Eisenhower Boulevard, Harrisburg
5.4 miles from campus

Bowling is awesome, and so is using the lightweight ball that is definitely intended for children. ABC has a special on Tuesday nights where you can play for \$10 a person with a minimum of two people per lane. Plus, if you get upset over throwing gutter ball after gutter ball, there's more to do at ABC, like one of their three escape rooms.

Hershey's Chocolate World

101 Chocolate World Way, Hershey
9.9 miles from campus

There's never a bad time to spend a day surrounded by chocolate, which is good because Chocolate World is open year round. There's a free tour of how chocolate is made, but tickets are available for chocolate-themed events like making your own chocolate bar.

Pennsylvania Farm Show

January 4th-11th
2300 North Cameron Street, Harrisburg
10.5 miles from campus

The Farm Show is a staple of the area and free to attend. With thousands of animals, delicious food, and a 1,000 pound sculpture made out of butter (really), the Farm Show is a great way to spend a winter day.

Roundtop Mountain Resort

925 Roundtop Road, Lewisberry
23.6 miles from campus

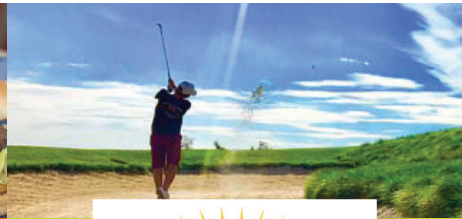
This list wouldn't be complete without one snow-friendly activity. Roundtop has fun activities to do throughout the year, like paintball, but during the winter, they also offer skiing, snowboarding and tubing.



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PUMPKINS, CAVES & WOLVES:

Things to do in spring

Little Little Beer Festival

1 South Union Street, Middletown
1 mile from campus

For the past couple of years, Tattered Flag Brewery & Still Works has held their beer festival in the spring. Last year, 28 craft breweries from across the state brought their brews to Middletown for people to sample.

Conewago Recreation Trail

2385 North Market Street, Elizabethtown
7.4 miles from campus

In spring, this trail comes to life, cutting through the countryside along the Conewago Creek with the sound of rushing water and wildflowers blooming along the edge of the trail. The trail is 5.1 miles long, but be warned, it doesn't loop around.

Wolf Sanctuary of PA

465 Speedwell Forge Road, Lititz
27.1 miles from campus

Before you balk at how far away it is, look at how cute these wolves are (wolfsanctuarypa.org/our-family). The sanctuary offers public tours on Tuesdays, Thursdays, Saturdays and Sundays (Saturdays and Sundays are the cheapest at \$12 for adults). Plus, they offer a tour on the nights of the full moon, which sounds awesome.

Gettysburg

1195 Baltimore Pike, Gettysburg
48.2 miles from campus

There's so much to see in this town that was at the heart of the historic Civil War Battle of Gettysburg, but a good place to start out is the Gettysburg National Military Park Museum and Visitor Center. Grab a map and take a tour of the battlefield.

Things to do in summer

Strites' Orchard

1000 Strites Road, Harrisburg
5.3 miles from campus

Push up your sleeves, and try picking your own produce like blueberries and peaches. If that's not your speed, try Strites' delicious baked goods and local products like honey, apple butter, jams and jellies.

City Island

Harrisburg
9.7 miles from campus

Walk on the Walnut Street Bridge to City Island just off North Front Street in Harrisburg. There's a bunch of stuff to do on City Island including mini golf, riverboat rides, batting cages, arcade games, carriage rides and baseball and soccer games.

Hersheypark

100 Hersheypark Drive, Hershey
11.2 miles from campus

Rollercoasters, water rides, a zoo — what more could you want? Be sure to check out Hersheypark's events throughout the year, including 4 million lights decking out the park during the Christmas season.

Lake Tobias Wildlife Park

760 Tobias Road, Halifax
32.9 miles from campus

Lake Tobias isn't your average zoo. A \$15 Explorer Ticket includes a safari tour over 150 acres of rolling hills where you can see animals like elk and bison up and close.

The word “internship” might conjure up images of spending the whole day getting coffee and running errands.

Or if you’re the intern of my fave “Real Housewife of New York” Sonja Morgan, your internship may be spent checking her social media accounts for the “haters” along with plunging the toilet.

The **Truth**



About Internships

By Laura Hayes

“Students really should be gaining hands-on, relevant industry experience,” said Kristen Brannen, a career services specialist with Penn State Harrisburg’s Career Services Office.

That could mean independent work, but Brannen said students should participate in a way that hones their professional skills and industry knowledge. >>



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Are internships really needed?

Yes.

Brannen said employers look for internships or other relevant experience. Plus, it's a way to figure out whether that field or major is really what you want to do with your life.

"They like to see students that are taking an opportunity to work under an employer in their related industry to apply themselves and apply those professional skills and that industry knowledge," she said.

Prioritize what's important

There's a variety of internships out there — some offer credits, some are paid, some last for the summer.

"Because so many organizations offer different opportunities, it really depends what the student is willing to do," Brannen said.

Although students might like to get college credits for their internship, not all programs at Penn State have an internship requirement where you can get college credits.

The most popular internship is a summer internship because the employer could have the intern full-time, though internships are offered year round.

Brannen said right now the trend is to offer paid internships because companies know students are looking to apply their knowledge and not run coffee.

But unpaid internships in social services or government agencies that may not have the funds are still out there.

"We just tell students, you really need to prioritize what's important for you," Brannen said.

Hit the web

Websites like Indeed or Nittany Lion Careers — a Penn State database where any employer or organizations can post opportunities — are a good places to look for internship opportunities. Penn State staff goes through an approval process with employers on Nittany Lion Careers to make sure the internships are legit and quality.

But Brannen encourages students to go beyond that and check out Glassdoor, which does have job postings along with reviews from past and current employees.

What should you ask?

Confirm the logistics — what are the expectations, time commitment, requirements, assignments.

Ask if the internship may lead to a job at the company because some companies use internships as a feeding program to teach a future employee about the company and industry.

Network, network, network

"Pursuing employment and navigating into different careers, that doesn't end at your first job. That's a lifelong thing," Brannen said.

Building a network is important professionally, she said. Make a profile on LinkedIn and check out Penn State's mentoring program called LionLink, Brannen advises. The internet isn't the only way to find opportunities and network with professionals in your field.

Check with friends and family who may have connections to opportunities in your field, she said.

“
**Students really should be
gaining hands-on, relevant
industry experience.**

”

Kristen Brannen

CAREER SERVICES SPECIALIST WITH PENN STATE
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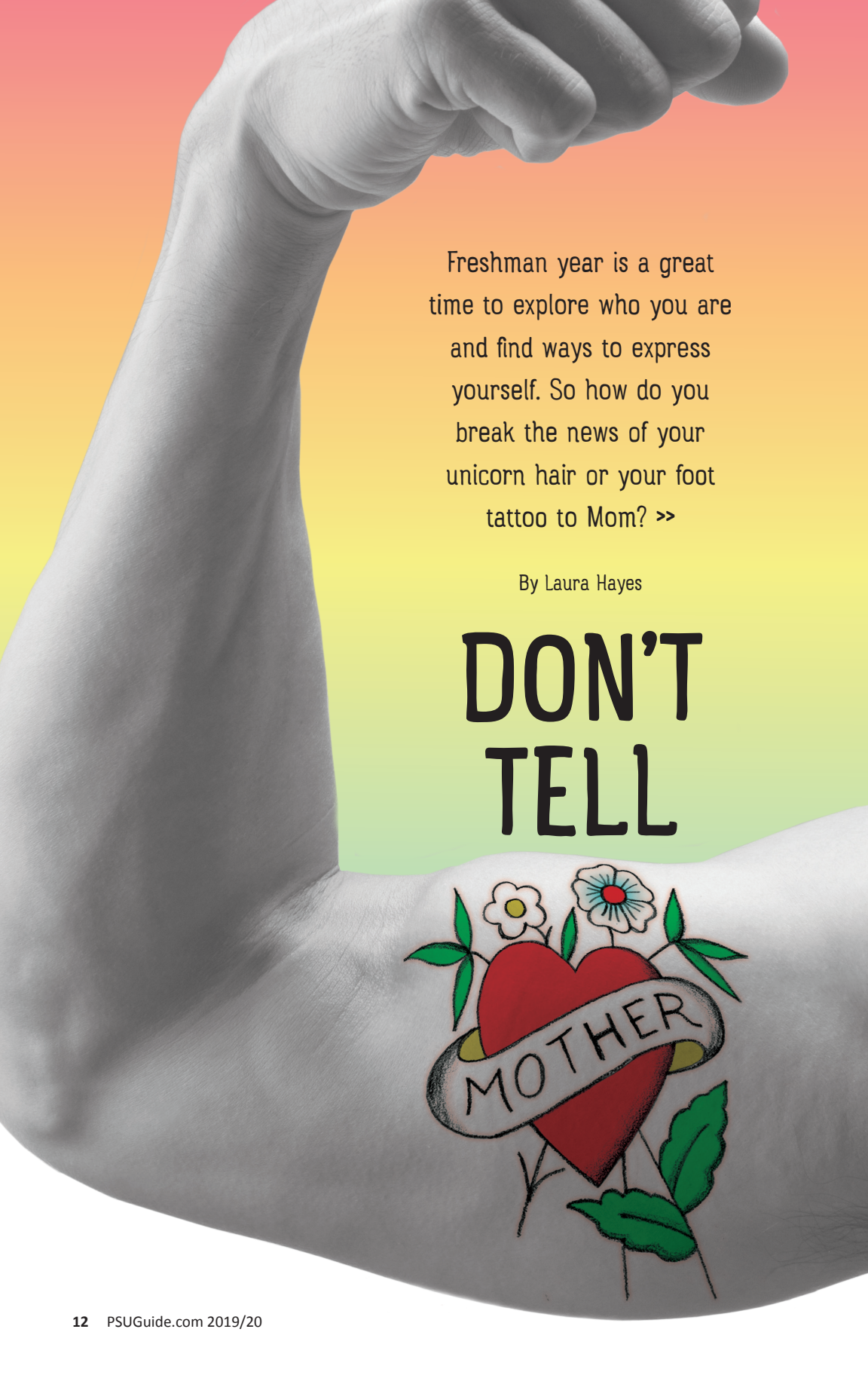
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Freshman year is a great time to explore who you are and find ways to express yourself. So how do you break the news of your unicorn hair or your foot tattoo to Mom? >>

By Laura Hayes

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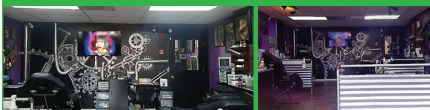
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It was my freshman year of college when I colored my hair for the first time.

My friend swore that she had done this a million times. "What was the worst that could happen?" she said.

So, I went to WalMart and bought a box of electric blue hair dye, and that night we gathered into the communal bathroom of our dorm, rubber gloves and hair ties spread across the floor.

It felt like I sat on the bathroom floor for hours, waiting for my hair to be bleached before slathering blue on it. When my friend finally declared that I was done, I looked in the mirror.

The curl closest to my face that I chose to color looked more turquoise than sapphire blue that the box advertised, but I was thrilled.

I snapped a picture and texted it to my older sister, along with a message:

"Don't tell mom."

I love my mom, and even though I wasn't living at home anymore, part of me was still scared of disappointing her.

I did tell her, though. Years later after that blue curl faded to poop green, I told her when I got my first tattoo, but not before I texted my sister first, "Don't tell mom."

So here are some tips for coloring your hair for the first time or getting your first tattoo if you, like me, are too scared to tell your mom.



After I colored my hair for the first time, my friends and I did a fancy photo shoot to show off our new looks.

Flawless Hair

There's many reasons why someone decides to color their hair, like if they think their hair color is boring or if they have gray hair, said Deuce Gibb of the Deuce Gibb Salon in New Cumberland.

Getting your hair to the bright pinks, purples and blues you see on Instagram takes multiple steps. Depending on what color your hair is, your hair may have to be lightened before it can be colored, like if it's dark brown.

"It's the same as having a dark brown piece of paper and coloring with a pink crayon," Gibb said.

If you use a box

Gibb cautioned that the boxed hair color can be harsher because it has to work on all hair types whereas stylists can adjust it for your hair type. He recommended starting with either semi- or demi-permanent hair color, "but never permanent."

"Once it's in there, it's in there," Gibb said.

Try coloring a strand of your hair first to see how it looks. Putting Vaseline along your hairline and ears will make it easier to wash off any color that you get on your skin. Gibb recommends mixing the color and putting it on the

back of your neck to see if it will irritate your skin.

"As long as you're doing something that isn't a drastic change, how bad can it be?" Gibb said.

If you go to a stylist

However, he said when you spend money doing it yourself and the odds that it will come out successful, you may have to spend twice the money getting it fixed.

A full head of highlights is impossible to do on your own, Gibb said, because it may end up splotchy.

Tell your stylist ahead of time so that they can book enough time, Gibb advised. Depending on the shade of your hair, it could take anywhere from 45 minutes to three hours.

He likes it when clients bring in pictures of what they want their hair to look like.

"I love them because I find that most people aren't good at asking for what they really want," he said.

Keep your color bright

In general, using hot tools like flat irons day in and out is a bad idea.

Look for products that have sunscreen in them, and when you're outside, use a hat or a scarf, Gibb suggested.

Set yourself up for success this semester!



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* Unless over a bone like an ankle

Getting Inked

Before you commit to that anchor tattoo, heed the words of a professional artist.

Think about what you really want

"It is going on you forever. Never rush a tattoo," said Bridget Grant, owner of Ink-Credible Tattoo Factory in Middletown and Lancaster.

Grant wishes someone would've talked her out of her first tattoo — her initials with a crown over it and a banner with her name — though it's long since been covered.

She recommended avoiding popular tattoos at the time like an infinity symbol or the name of the person you've been dating for a couple of months.

Know that tattoo artists won't copy someone else's work, but they may do something similar.

Black ink stays longer than colors, and light colors like yellow or pale orange can fade quicker, Grant said.

If a tattoo is done well, it shouldn't need to be touched-up before five to 10 years, though it depends on the quality.

Be prepared

If you make an appointment, keep it.

She recommended getting a consultation before getting your tattoo. A small tattoo could only take a couple of minutes, but a larger tattoo could take hours.

"Understand that tattoos are not something that you just walk in and get like a big sleeve. There's a lot of time and effort that goes into putting it on your body," Grant said.

Tips are always appreciated.

Tip your artist based on how happy you are with your tattoo, though Grant said for a \$60 tattoo, her shop's minimum, it's nice to get a \$5-10 tip. Most people who get a \$200 tattoo tip anywhere from \$20-40.

Try to get a tattoo in places you can cover

"You don't know what kind of career you're going to be in," Grant said.

Unfortunately, visible tattoos are still frowned upon in some professional settings.

"You have the whole rest of your life to get tattooed-up. Just wait," Grant said.

Protect your tattoo

Cleaning your tattoo after you get it is the most important, because, as Grant puts it, a tattoo is an open wound. Keep it covered for the first couple of hours after, though foot tattoos require extra attention.

Wash your tattoo with a non-perfumed soap several times a day, and put a healing ointment like Aquaphor on it a couple of times a day to keep it from scabbing.

Avoid pools or soaking in tubs. Sun damage is the worst and can fade your tattoo, Grant said. Try to avoid the sun and use a high-SPF sunscreen when you are in the sun.

Don't scratch. Pat instead.

Penn State Harrisburg DIVISION OF STUDENT AFFAIRS AND ENGAGEMENT

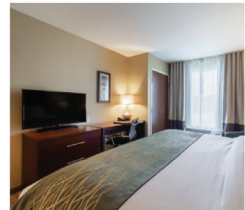
welcomes all students to the 2019-20 academic year. Be sure to check the electronic calendar and bulletin boards for the co-curricular programs and activities throughout the year!



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Resolving Conflicts

TESTS, PAPERS, RESEARCH PROJECTS, FIGURING WHAT YOU WANT TO DO IN LIFE – THOSE ARE SUPPOSED TO BE THE HARDEST PARTS OF COLLEGE, RIGHT?

BY LAURA HAYES

POW!



College is a new chapter in your life, and often a time of many firsts — first long term relationship, first roommate, first friend that you didn't know since kindergarten or even first in your family to pursue higher education.



With this new time in your life, comes a buttload of new challenges. What do you do when your roommate goes to bed at 8 p.m. and you like to burn the midnight oil? What happens when you're paired with someone for a group project and they refuse to do anything besides the bare minimum?



What happens when you're suddenly on the outs with your best friend since freshman year?

Friends and significant others are supposed to be there to help you through it all, but what happens when those relationships add even more stress to your plate?

What do you do?

"At worst-case scenario, it can affect their ability to attend class and be successful," said Mary Prescott, the assistant director of community outreach and education at counseling services.

Anxiety from an unhealthy living situation can spread through all parts of your life and lead to difficulty concentrating and being uncomfortable in your living space.

There are common conflicts that she's seen — with roommates, friends or romantic partners — but how conflicts are managed with them may be different, but with similar approaches.

Don't let the snowball start rolling

Maybe your roommate didn't mean to leave their dirty clothes in front of your closet or clean out the microwave when their spaghetti explodes. Maybe they will clean it up next time.

"Addressing a behavior when you see it makes it much easier, or if you start to feel like, 'I hate going back to my dorm room,' well, let's deal with it right now," Prescott said.

How do you communicate?

Do you like to talk it out? Or would you rather hide underneath a cocoon of blankets until the issue magically disappeared?

"Very few people know how to effectively communicate," Prescott said.

For some freshmen, the only people they have had to share a living space with is their family members, and how you were raised can influence how you deal with conflict and what might be future issues. For example, do you wash your dishes immediately after eating or do you leave them to "soak" for anywhere from one day to one week?

"We don't want it to get to the point where somebody feels like they have to move out, and that happens sheerly because people don't communicate early on and don't manage what their expectations are," Prescott said.

Consider talking it out

Instead of spam texting or subtweeting your friends or roommate when you're upset, consider sitting down with a CAPS staff member or an RA to talk through the issue.

How do you handle conflict versus your roommate or friend? What is going on with the other person? What message do you want to get across?

Sometimes, the issue may be how an action is interpreted. If your friend ignored you while walking across campus, maybe they were distracted or didn't see you. Honestly.

Talking with CAPS, staff can model way to communicate and resolve the conflict.



Own your feelings

"You can say anything you want, you just can't say it in any way you want," Prescott said.

Identify what emotion you were feeling. Try to use "I" statements when talking through issues.

Instead of saying, "You always make me feel left out when your other friends are around," try, "I really feel ignored when your other are around."



Counseling & Psychological Services (CAPS) offers "CAPS Chat" on Tuesdays from 12-1:30 p.m. at the library in room 305, which is an informal, drop in consultation for issues like roommate problems and relationship issues.

CAPS phone number: (717) 948-6025



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LET'S HAVE KIKI

Looking for a drag show? Or what about local Pride festivals or places to meet other members of the LGBTQ+ community?

Don't worry. We've got you covered. Here's a sample of some of the LGBTQ+ resources and queer-friendly activities in the area.

LET'S HAVE a KIKI



LOOKING FOR FUN?

The Brownstone Lounge

412 Forster Street, Harrisburg
brownstonelounge.net

Out Magazine named the Brownstone Lounge as one of the 200 best gay bars in the world in 2013, describing it as “divey, amiable and inclusive.” Well, they also host viewings of FX’s “Pose,” crafting parties and drag shows.

Stallion’s Club

706 North Third Street, Harrisburg
stallionsclub.com

Drag, karaoke, dancing, bingo, games, and “RuPaul’s Drag Race” watch parties. What more could you want?

LOOKING FOR RESOURCES?

Pride at Penn State Harrisburg

Meet your campus LGBTQ+ club that provides a supportive community and resources for students. Spring 2019, the group met at 11:30 a.m. on Fridays in Olmsted E245, but make sure to double-check when the group meets.

LGBT Center of Central PA

1306 North 3rd Street, Harrisburg
centralpalgbtcenter.org

The center offers a number of resources including groups for LGBTQ+ young adults and transgender and non-binary folks and financial assistance for gender affirming items like binders, gaffs and make-up kits.

Pennsylvania Youth Congress

payouthcongress.org

Pennsylvania Youth Congress is a youth-led LGBTQ+ advocacy organization that advocates for public policy.

LOOKING FOR ACTIVITIES?

Harrisburg Gay Men’s Chorus

harrisburggaymenschorus.org

Central Pennsylvania Womyn’s Chorus

cpwchorus.org

LGBT Book Club

midtownscholar.com

The book club meets the third Sunday of the month at Midtown Scholar Bookstore in Harrisburg.

LOOKING FOR PRIDE EVENTS?

Pride Festival of Central PA

centralpapridefestival.com

Lancaster Pride

lancpride.com

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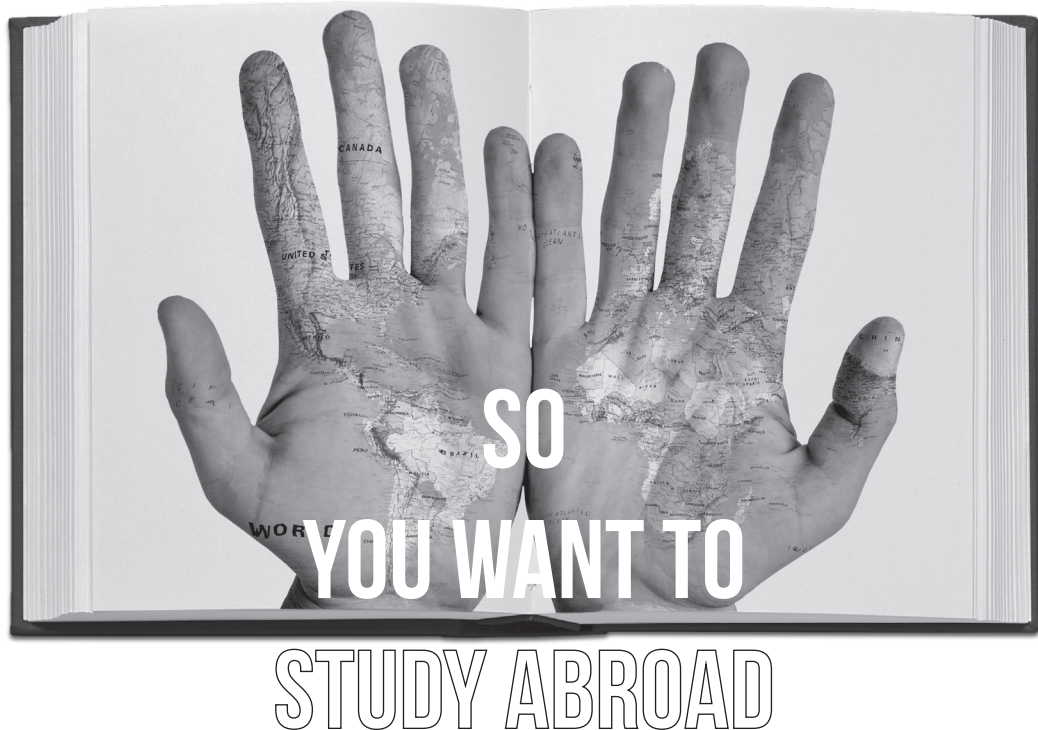
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STUDYING ABROAD MAY NOT
BE ON THE TOP OF YOUR LIST
WHEN YOU START COLLEGE,
BUT STUDYING OVERSEAS,
EVEN IF IT'S JUST FOR SPRING
BREAK, HAS ITS BENEFITS.

“The whole point of coming to college is to have new experiences and to see things from a new perspective,” said Marie-Louise Abram, Penn State Harrisburg’s Director of International Programs, External Relations and Special Projects.

There’s anywhere from 150-200 options across the university for studying abroad for a semester and courses overseas during spring break and a variety of overseas experiences available — general education classes, classes related to your major or even internships.

She encourages students to go through an academic advisor, who will look at their degree plan to figure out what kind of experience could fit into their schedule.

Although being able to immerse yourself in a culture or learn a foreign language abroad is a great opportunity, just having an international experience matters, Abram said.

“If you want education beyond skill training, it’s going to take being out of your comfort zone,” Abram said.

If you are interested in studying abroad, here are some tips and tricks from people who studied abroad at different universities. >>

SO YOU WANT TO STUDY ABROAD

- ✓ If you're studying abroad for a semester, you shouldn't need more than a checked bag and a carry-on bag or back pack. So leave the towel behind, which you can always buy when you arrive and leave when you depart, and pack the raincoat instead.
- ✓ Fill that carry-on bag. Pack three days of clothes, valuables and at least two weeks of medication in your carry-on. That way you won't be scrambling if your bag is lost.
- ✓ Keep important documents on your body like your passport and medical insurance plan along with a day's worth of cash and your credit card in case your wallet is stolen.
- ✓ Buy a converter for your electronics before you go.
- ✓ Check and double check visa requirements and any necessary documents or paperwork, and make sure to apply for visas ahead of time.
- ✓ Will your phone work? Many use their phones on a daily basis to figure where you want to eat dinner or get directions. See if you can get a SIM card overseas and if your phone can be unlocked to do so.
- ✓ If your phone doesn't work, make sure you have printed out or screenshots of directions to the train or bus to get to your accommodations. Download offline maps to get around.
- ✓ Read reviews before you book that Airbnb or hostel. Yes, it may be cheap, but do you really want bedbugs?
- ✓ Don't sit in your room and watch Netflix. Studying abroad can be overwhelming between meeting new people and learning your way around town, but most people make friends their first week. Don't be afraid to branch out and make friends with locals or students from other universities.
- ✓ Explore your home city. Go to that bar opening. See that local show.
- ✓ Eat local. You may be craving a Crunchwrap Supreme from Taco Bell, but when will you have the chance to say you ate a beignet in France? But make sure to research local eating habits to see if it's rude, for example, to talk loudly in a café.
- ✓ Be aware of local hazards. Is the water safe to drink? Maybe your stomach just isn't used to different types of food, but being sick isn't a fun way to spend the weekend. Consider packing medicine like Pepto-Bismal just in case.
- ✓ Ask locals about unsafe places to be, and make sure not to wander home by yourself if you go out to a bar at night.
- ✓ Don't be afraid to treat yourself. Trust me, I know how expensive studying abroad can be, but if you budget and spend wisely, don't feel bad about spending money on that once-in-a-lifetime experience or weekend trip.
- ✓ If there's something you want to see, make sure to double-check their hours on the off chance that it's closed or requires ticket purchases ahead of time. Get there early. Major attractions like the Acropolis or the Vatican are busy around midday.
- ✓ Consider downloading a free audio tour of whatever museum or site you're visiting. Plus, it will help cut down on costs.
- ✓ Try solo traveling. That way you can see what you want to see, and not worry if you want to stay longer at a museum. But it can be terrifying, too, because you may get lost alone in a place that doesn't speak your native language. Be patient, and take a deep breath.
- ✓ Don't be afraid to practice self care. Getting the most out of your experience may seem like a priority, but remember to take time for yourself.
- ✓ Remember, you're a guest in that country. As my mother told me the first time we traveled overseas and ate in a nice restaurant, "For God's sake, if you ever had manners, now is the time to use them." It will be easier to ask for directions when you inevitably get lost if you are polite.

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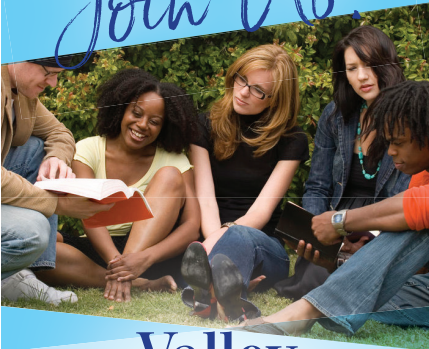
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Cocoa Diner

590 East Main Street, Hummelstown
(717) 566-6002
cocoadiner.us

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JD's Junction

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jdsjunction.com

If you're in the mood for good 'ole bar food — fries, nachos, burgers, quesadillas, wings, and so much more — then JD's is the way to go. Plus, the patio is perfect for summer nights. On Friday and Saturday nights, JD's is open until midnight; on Sunday, the restaurant is open until 10 p.m.; and on Tuesday-Thursday, it is open until 11 p.m.

Champion's Sports Bar and Grill

300 Second Street, Highspire
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championssportsbar.us

Champs' has a plethora of different types of food, including 15 different flavors of wings. Sunday-Wednesday, Champs' is open until midnight, and it's open even later on Thursday (1 a.m.) and Friday and Saturday (2 a.m.). Plus, most nights they have fun activities like trivia, a DJ or live band.



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Penn State Harrisburg has a reputation for excellence, offering a broad portfolio of academic programs, spanning from undergraduate degrees to doctoral studies, and highly dedicated faculty and staff. The campus has become a sought-after destination for thousands, and now is the home to students from around the U.S. and around the world. You'll find the environment here welcoming and inclusive.

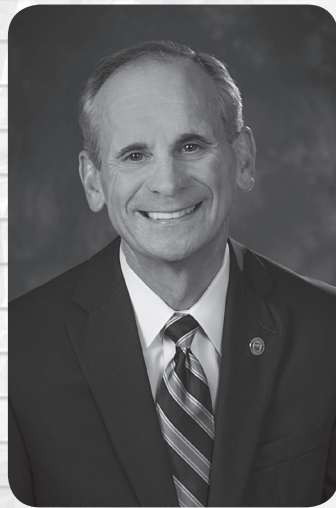
The college is rich with options that allow you to expand learning beyond the classroom. Students can participate in research, joining faculty members to create knowledge for the next generation. You can bring your ideas to life through entrepreneurship education at the college. There are internship opportunities, study tours abroad, NCAA Division III intercollegiate athletics and club and intramural sports, community service activities, student government, numerous special interest clubs, and so much more.

Middletown and the surrounding region help to support students, as well. Together, all of us are eager to ensure your success at Penn State.

I encourage you to utilize the many resources available to you and seize every opportunity to make the most of your Penn State Harrisburg experience.

Have an enjoyable and fulfilling year.

John M. Mason Jr.
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