Office Hours:
Monday - Friday
8 AM to 5 PM
www.odu.edu/visa
INTLSTU@odu.edu
757.683.4756
Dragas 2006
Facebook: ODUINTLSTU
Twitter: @ODUVISA
Instagram: @ODUVISA

VISA Staff Members
Kasie Reyes – Associate Director/ A-B (surname) Student Advisor, J-1 Students
Alice Laubach - International Student Advisor /C-M (surname) Student Advisor
Delgerjargal “Degi” Betcher – International Student Advisor/ N-Z (surname) Student Advisor
Lacendra Knightnor - International Services Coordinator
Natalia Watkins – Office Manager
Kimberly Cossey – Graduate Assistant

General Services:
- Immigration regulations advising
- Enrollment certification letters
- Home government form completion
- Employment paperwork
- Counseling on non-academic & cultural issues

Immigration Emergency Situations
If you have an immigration emergency outside of our normal business hours, you can still reach us by calling or texting 804-505-4291. SAVE THESE NUMBERS IN YOUR PHONE NOW!

Appointments
You can make an appointment with your immigration advisor on our website.
apps.odu.edu/issss_appointment/

Health Insurance
Health insurance is required of all F-1 and J visa holders. When you register for classes, you will be automatically added to a group plan administered by United Healthcare Student Resources.
www.odu.edu/international/insurance

How to Help the Office Best Serve You
1. READ all of the instructions provided to you.
2. PLAN AHEAD and ensure you allow the office enough time to process any requests.
3. TAKE TIME to read e-mails sent to your student e-mail as well as those from the ISSlist, our group email.
4. KEEP EVERYTHING VALID and UP-TO-DATE in order to help maintain your visa status.
5. TELL US if you have a problem with our services or any other office’s services—
   WE ARE HERE TO SERVE YOU & NEED YOUR CONSTRUCTIVE FEEDBACK TO IMPROVE!
VISA Communication with Students

**VISA Office Mailing List: ISSLIST-L**

All new students will be added to the ISSlist e-mail listserv run by Visa & Immigration Service Advising (VISA) office with their ODU e-mail address. You can change the e-mail address where you receive the listserv e-mail. Through the ISSlist, you will receive e-mails about important immigration updates, office procedural changes and reminders. This is our primary means of communication with the student population.

**PLEASE NOTE THAT STUDENTS ARE RESPONSIBLE FOR REGULARLY (DAILY) CHECKING THE E-MAIL ADDRESS TO WHICH ISSLIST E-MAILS ARE SENT. IT IS ALSO A STUDENT'S RESPONSIBILITY TO FOLLOW-UP ON ANY APPLICABLE REMINDERS.**

If you unsubscribe from the ISSlist, you are opening yourself up to potential immigration problems as we announce any notifications we receive from government agencies on this list only.

**VISA Web Site**

The VISA web site (www.odu.edu/visa) is also a place where you can access a wealth of information, forms, resources, and updates. Be sure to take a look at the various pages to ensure you are familiar with all of the requirements and resources.

**Updates & Reminders**

Every other month, VISA sends out Updates & Reminders to the ISSlist mailing list as announcements need to be made. From it, you can get information on important academically-related events, reminders from the VISA office, announcements regarding immigration requirements and other general interest news.

**ODU Student Email Accounts**

The University has a policy that offices must communicate with students via their student accounts only. Therefore, the VISA office can only send e-mails to your @odu.edu address. If you wish, you can forward to an address of your choice, that is fine.

**Note:** We will not use your Computer Science, Physics, or any other specialized e-mail address to contact you.
Student Accounts & Email

MIDAS is ODU's login ID and password management system that enables you to access the university's technology services. When you create a MIDAS ID and password, you will create a security profile that will make it possible for you to reset your MIDAS password online even if you do not know the current password. After your MIDAS account is created, you will only log into MIDAS if you need to change your password or your Security Profile.

Every MIDAS user must read and accept the Acceptable Usage policy and take online training on an annual basis.

Create your MIDAS account

1. Validation: Go to the MIDAS homepage (midas.odu.edu), click "Need an Account?" under the login button. Enter your personal information. (Don't know your UIN? Your UIN is sent to you when you are admitted to Old Dominion University. If you do not know or cannot find your UIN, please email register@odu.edu with your full name and date of birth or call 757.683.4425.)

2. Acceptable Usage Policy: Read the entire Acceptable Usage Policy (AUP). After reading the AUP, select the "Accept" radio button and click "Submit".

3. Training: You are required to take one or more training courses during account setup. Please read carefully and click the "next" button to go to the next page. On the last page, click the "Accept" button.

4. Security Profile: The Security Profile is necessary to protect your privacy and the security of the network if you forget your password. The set-up consists of two steps.

   Security Token:
   If you are locked out of your MIDAS account, you have two methods of recovering your account: an email token or a user-defined PIN. With an email token, you can choose to have a temporary access code sent to any non-ODU email address to recover your MIDAS account. A user-defined PIN is a 6-digit number that you can set if you do not have a non-ODU email address; it is used to verify your identity if you ever forget your MIDAS password. Choose at least one of the options presented on this page to move on to the next step.

   Verification method
   You have two choices for verification: a text-based method or a color-based method. Move your mouse pointer over the choice names to see examples. Click the "Continue" button to advance to the next step. Depending on what you chose in step 2, the last step for the security profile is to complete either the "Questions and Answers" profile OR the "Color Grid Pattern" profile.

5. Password: The password must follow certain rules to be valid as a MIDAS password; these are listed on the right-hand side of your screen. You will see green check marks
that indicate if all the password rules are complied with. The rules themselves change style once you comply with them, so you can adapt your new password accordingly. Click the "Change Password" button.

6. Completion: Your account is now set up. On the right of the page a message will appear that displays your new MIDAS ID. Please make sure to write down your MIDAS ID but not your password!

MIDAS passwords must be changed once every six months

To Change Your MIDAS Password

1. Visit the MIDAS Homepage. Log in with your MIDAS ID and your current MIDAS password.

2. After logging in, you will be presented with the Account Information page; Scroll over 'My Account' in the upper left corner and select 'Account Settings.'

3. Under the 'Password' section on the left, select "Change MIDAS Password."

4. Enter your new password (Note: Your new password must conform to all rules listed on right side of the Change Password Page.) After you have selected your new password and re-typed it for verification, all of the check marks on the right will be green. Click the 'Submit' button.

5. Log out of MIDAS and log in again with the new password to make sure it works correctly.

For assistance with your MIDAS account, visit midas.odu.edu or visit the ITS (Information & Technology Services) Tech Support Center on the first floor of Webb Center.

myODU

MyODU is a web-based, personal portal for the Old Dominion University community. It is the gateway for official university information and provides access to many interactive services for students, faculty, and staff. The portal pulls together the ODU online resources you need most, providing easy and centralized access to: student email, Blackboard, LeoOnline (class registration, schedule, and grades), university publications, event listings & announcements, links to academic resources and more.

Log into your myODU portal with your MIDAS ID and password.

Why use myODU?

Students can use myODU to prepare for campus life and classes. In myODU, students can view and print the course schedule, get financial aid information, read email, or
access Blackboard, find an instructor's contact information, check grades, view a degree audit, and stay informed about events.

Access Your Student E-mail Account

- Go to myODU portal (my.odu.edu) to access your email, news & announcements, University services, and much more

- Go to monarchs.odu.edu

- Go to any of Google's service pages (Gmail, Drive, Docs, etc.), enter in your student@odu.edu address (NOT student@gmail.com), and leave the password blank, then click "sign in;" you will be automatically redirected to ODU's login page. Once you are on this page, you will then log in with your MIDAS ID & password.

If you need assistance with any step of the processes listed above, please contact ITS at 757.683.3192 or itshelp@odu.edu.
Payment Plans

ODU's Office of Finance administers a payment plan for the fall and spring semesters (not the summer). Payment plans must be established in LeoOnline each term by the published tuition deadline. After signing up for the payment plan, students will continue receiving a comprehensive billing statement of all remaining charges. Please refer to LeoOnline for the actual payment amounts and due dates. Please note that the payment plan may not be revoked once established.

How It Works

When setting up the payment plan, charges for each semester are divided into 4 equal payments and includes a $40 non-refundable enrollment fee. The $40 fee must be paid at the same time the payment plan is established. The monthly e-bill will show a comprehensive statement of all charges due. Refer to LeoOnline for actual installment amounts and due dates. Payments not received by the due date are considered late and the account may be placed on hold and receive a late fee. Students will be able to enroll in the payment plan up to 45 days after the tuition deadline, but all past due installments (including any accrued late fees) and the $40 non-refundable enrollment fee must be paid before the plan can be set up.

How to Set Up A Payment Plan

Payment plans must be set up online (paper enrollment forms will not be accepted). The $40 non-refundable enrollment fee must also be made online. Do not mail the payment for the enrollment fee to the Office of Finance.

1. Log in to LeoOnline. Select the link "Make a payment on account, sign up for e-Refunds and/or sign up for a Payment Plan."
2. After selecting that link, users will be redirected to TouchNet, a secure payment site. Once logged in to the TouchNet account, select Payment Plan from the choices across the top of the screen and follow the prompts to create a payment plan.
3. During set-up, users are prompted to pay the amount due.
4. Print a copy of the agreement to keep with important paperwork.

Payment Due Dates

Once the payment plan is established, it automatically recalculates the remaining installments and students will receive an automatically-generated e-mail notification from TouchNet each time a payment plan amount changes or upcoming installment payment is due. If a student drops/adds a course (after notifying VISA with an RCL form and getting approval for it), the credit or additional cost will be divided equally among the upcoming installments. Students may review payment plan installment due dates by logging into LeoOnline at any time.

IMPORTANT: If any installment payment, or a portion of it, becomes 30 days past due, the student will be removed from the payment plan, a late fee will be assessed on the entire remaining payment plan balance, and the full balance will be accelerated. This means the entire amount will be due and payable immediately, and the account is at risk of additional penalty fees.
Course Registration

Undergraduate (Bachelor’s) students will register for courses at Preview, an academic orientation to ODU. It is necessary to sign up for Preview at odu.edu/preview; questions can be referred to preview@odu.edu. Please note that undergraduates on an F-1 or J-1 visa must take at least 12 credit hours or have an approved Reduced Course Load (RCL) from VISA.

Graduate (Master’s or Ph.D.) students should meet with an academic advisor, who will review course options. Please note that graduates on an F-1 or J-1 visa must take at least 9 credit hours or have an approved Reduced Course Load (RCL) from VISA. Log in to LeoOnline to add courses.

Tuition Payment for University Courses

- **NEW** students can register and pay their full tuition or make the first payment plan installment (see below) on the day of registering for classes.
- For current/returning students, the Fall tuition deadline is **August 26, 2019**.
- Payments for university courses can be made at the Cashier’s Office (Rollins Hall, 1st floor) or via the internet (LeoOnline.odu.edu). The Registrar’s office in Rollins can assist with any login problems or questions concerning LeoOnline.
- Please note that all payments made by credit card will be assessed a 2.85% non-refundable convenience fee and must be completed online. Credit cards are no longer accepted at the cashier’s window.
- **Students are responsible for ensuring timely payment and for notifying sponsors well in advance of a payment due date.** It is not acceptable to say that the funds are in transit.

**IT IS CRITICAL THAT ALL PAYMENTS ARE MADE BEFORE OR ON THEIR DUE DATE. PAYMENTS NOT RECEIVED BY THE DUE DATE ARE CONSIDERED LATE AND ACCOUNTS MAY BE PLACED ON HOLD AND/OR RECEIVE A LATE FEE.**

Government-Sponsored Students

It is the student’s responsibility to obtain financial documentation from the embassy and to submit a current financial guarantee to both VISA and the Finance office every semester of enrollment. Even if the correct offices have current letters, a bill may be generated as it can take a few weeks to process billing; however, if a second bill arrives, please contact Finance at 757.683.3030 or stop by their office in Rollins Hall.

**Withdrawing from University Courses — for F-1s & J-1s**

Students must obtain **WRITTEN** permission (RCL approval email) from VISA **BEFORE** dropping any credits as this may affect student visa status. **NOTE:** Classes are not automatically dropped from a schedule if the student no longer attends; **full tuition payment for the course will still be expected** and a “Withdraw Fail,” which jeopardizes F-1 and J-1 status, will be noted on the transcript.
Understanding Plagiarism:
*a guide for international students*

Plagiarism is one of the most common Honor Code offenses for international students because different cultures have different ideas about the definition of this term. Below is some information and resources that will help you to better understand how to avoid problems. *Even if you make a mistake, you may still be held accountable and sent to hearing with the Office of Student Conduct and Academic Integrity, which can potentially result in being asked to leave ODU (suspension or expulsion).* More information on the Honor Code will be provided during International Student Orientation.

What is Plagiarism?

"Plagiarism: A student will have committed plagiarism if he or she reproduces someone else’s work without acknowledging its source; or if a source is cited which the student has not cited or used. Examples of plagiarism include: submitting a research paper obtained from a commercial research service, the Internet, or from another student as if it were original work; making simple changes to borrowed materials while leaving the organization, content, or phraseology intact; or copying material from a source, supplying proper documentation, but leaving out quotation marks. Plagiarism also occurs in a group project if one or more of the members of the group does none of the group’s work and participates in none of the group’s activities, but attempts to take credit for the work of the group." - ODU Disciplinary Policies

The following checklist is provided by the Old Dominion University Writing Center with tips to help avoid plagiarism:

✓ Using a sequence of sentences or word language of another author's work is considered an act of plagiarism.
✓ Downloading information from the Internet or any other electronic database product to include in your paper, without citing its source, is considered an act of plagiarism.
✓ Paraphrasing does not mean you do not need cite the source.
✓ Changing a few words of another author's work it still considered an act of plagiarism.
✓ Learn how to cite your sources using the appropriate style manual.
✓ Keep careful notes and documentation as you do your research.
✓ It is advisable not to use too many quotes in your paper. Remember the paper should be made up of your own ideas and arguments.
✓ Cite ideas from other sources when they add weight to your own argument or ideas.
✓ Learn how to paraphrase wisely using your own words and citing the source appropriately.
✓ Use quotation marks even if a footnote is provided.
✓ Always quote the exact words of an author and surround them in quotation marks, citing the source within the body of the text and in the reference list.
✓ If you are not sure whether to cite a source, cite it.
✓ Do not start your paper the night before your paper is due. This may cause you to stress out enough to "cut corners."

The following website also has tips to help understand what constitutes plagiarism:

✓ [https://owl.english.purdue.edu/owl/resource/589/01/](https://owl.english.purdue.edu/owl/resource/589/01/)

Remember: If you are not sure, **ASK!** Your professor, department tutors, and the Writing Center are all available to assist you. The Writing Center is located in Room 1307 of the Learning Commons in the Perry Library and can be reached at 757.683.4013.
Tips to Stay Safe & Prevent Crime at ODU

- **Sign-up for Campus Safety Alerts.** Sign up for ODU Alerts at [www.odu.edu/alerts](http://www.odu.edu/alerts).

- **Personal Property Safety.** *Never* leave valuables, backpacks, books, or electronics unattended in public spaces such as common areas, cafeterias, bathrooms and the library—not even for "just a second."

- **Pedestrian Safety Tips.** Here is a quick summary of what you should and shouldn’t do as a pedestrian:
  - Avoid using listening devices (cell phone and earbuds).
  - Walk where sidewalks are well-lit and well-traveled.
  - At night, especially, walk in groups...this is true for both male *and* female students!
  - Do not cross in the middle of the street or between parked cars; use the marked crosswalks.
  - Virginia drivers can turn right after stopping if there is a red light. Drivers don’t always stop or look to the right before they turn, so be sure you know the driver has seen you before you cross.
  - Using a sidewalk is always best, but if you have to walk on a road that does not have sidewalks, walk towards incoming traffic.
  - Wear bright colors or reflective clothing if you are walking near traffic at night.
  - Use the pedestrian buttons at intersections.
    - Crosswalk signals
      - **Green/white=go**
      - **Blinking=** don’t go or complete walking if you’ve already started
      - **Red=STOP.**

- **LiveSafe App.** This free app can be downloaded to your phone to increasing personal and public safety because it allows you to report crimes by speaking, texting or uploading pictures to ODUPD in real time. iPhone users can get it in the Apple Store and Android users through Google Play. When registering your account, select *Old Dominion University* to gain a direct connection to the ODU Police Department.

- **At Home.** Keep doors locked, including the doors to your dorm room, off-campus residence and car. NEVER prop open any doors to the residence halls. Also, don’t leave windows open—especially if you live on the first floor. NEVER hold the door open or invite strangers into your dorm room or off-campus house — this includes people you just met at a party, concert, and/or through social media sites or people who are selling things.

- **Bicycle Safety/Skateboard.** Be responsible, obey all traffic control devices and use proper hand signals. *You are responsible for following the same laws as cars.* Wear a helmet to prevent serious injuries and always carry your ODU ID card and your insurance card. At night, wear reflective clothing and apply reflective tape to your bicycle. Walk your bicycle when you get into traffic situations beyond your cycling abilities. Lock up your bicycle to bicycle racks that are provided; D-ring locks are the most secure. Register your bicycle with ODU Police to reduce the risk of theft and increase the chance of recovery if it is stolen.

- **See Something, Say Something, Report It.** International students may feel uncomfortable speaking directly to the police, but please know that information you provide is very important. Report an on-campus crime/emergency at 757.683.4000; for non-emergencies, call 757.683.5665. Off-campus, call 911. Also, if you prefer to speak with a female officer, you can always request one.

(See other side)
Special Programs Offered by ODU Police Department

- **Patrol Aides Escort Services.** This free service provides Student Patrol Aides to walk with you across campus between 6:30 p.m. to 12:30 a.m. during weeknights and 8:30 p.m. to 2:30 a.m. Friday and Saturday while school is in session. The phone number is 757.683.4000.

- **Safe Ride.** Transportation & Parking Services provides a safe mode of travel for students, faculty and staff who would otherwise have to walk alone at night. Safe Ride is a free service that operates from sundown to 2:30 a.m., seven days per week while school is in session. For services, call 757.683.3477 or use www.odu.edu/parkingservices.

- **Drive a Car to Campus?** Park your car in well-lit areas. Make sure any valuables in your vehicle are not visible. If your car has a dead battery, ODUPD can loan you jumper cable boxes. To borrow one, go to ODUPD at 4516 Monarch Way with a valid photo ID. For more information, call 757.683.4000 (police dispatch).

- **Emergency Phones.** Additional resources to notify the police of an emergency or suspicious activities are red emergency telephones located inside campus buildings, and blue call boxes located outside and in the parking garages around campus.

- **Special Safety Training for Female Students.** R.A.D. is a course offered on campus by specially trained instructors to provide you with options for protecting yourself in a variety of unsafe situations. Dates for the R.A.D. class will be advertised on the ODU website as they become available.

**Emergency Preparedness Tips**

- **Get Ready Well in Advance!** Weather here is relatively good but we do get occasional hurricanes and snow storms. You should always have a flashlight and first aid kit; however, for bigger weather events, have a supply kit (battery-powered radio, 3 days of food and water per person, cell phone charger, cash, medications, sanitary items) in a sturdy, portable container. Don’t forget pets and important documents!

- **Updating Friends & Family.** Be sure to keep friends/family informed if you leave town before a weather event and let them know when you’ll return. Also, always keep your emergency contact name/number updated in your phone. Some phones have a feature for you to designate someone; if yours doesn’t, you can just put ICE (In Case of Emergency) in front of that person’s name.

**Relationship Safety**

- **Know Before You Go.** Go out in groups until you get to know people, and when you go out, tell someone you trust where you are going and when you’ll return.

- **Ask Others About American Dating Culture.** Seek information from trusted friends and mentors about healthy dating or sexual behavior in the US.

- **You Know Best!** Trust your feelings. If you feel uncomfortable, unsafe or scared, it’s OK to say “no, thank you” and leave quickly.

ODU WEEK OF WELCOME

The Week of Welcome at ODU is a week of events and traditions that are designed to help you become better acquainted with campus and make new Monarch connections. Your year kicks off by connecting with Monarchs through a variety of exciting social and educational activities.

For more information: https://www.odu.edu/life/gettinginvolved/programming/welcome

STUDENT ORGANIZATIONS

ODU offers more than 300 student organizations. See if there is an existing organization that interests you — it's a great way to get involved on campus and meet ODU students!

Every fall and spring semester, there is an organizational fair just after the semester starts. Keep an eye on Student Announcements (daily email) for that date. Stop by this event to learn about student organizations that you can join while you are at ODU.

For more information: http://odu.orgsync.com/SearchOrgs

STUDENT ACTIVITIES COUNCIL

A student-run organization that offers programs all year. These programs include comedy shows, guest speakers, concerts, movies every week, and other entertaining activities for the entire ODU student community.

For more information: http://odu.orgsync.com/org/sac

ATHLETICS & STUDENT TICKETS

ODU participates in 16 intercollegiate sports and students get free tickets to enjoy and support their fellow Monarchs on game days. In order to get your free student tickets to ODU athletic events, like American football, basketball, soccer and baseball, click the "STUDENT TICKETS" button on the Athletics homepage.

For more information: http://www.odusports.com
CAMPUS EVENTS & ACTIVITIES

STUDENT RECREATION
The Department of Recreation & Wellness offers programs and services for ODU students, faculty, staff, and the community. These services include intramural sports, group exercise classes, Fitness & Wellness programs, and sports clubs.

Outdoor Adventure Program (OAP):
Located in the Student Recreation Center, students can rent/borrow equipment (tents, surf boards, kayaks, bikes, etc.) and participate in planned OAP events (such as camping, kayaking trips, and bike tours).
For more information: http://www.odu.edu/recsports or https://www.odu.edu/life/sports-and-fitness/programs/outdoor-adventure-programs

ODU PROGRAMS ALL WEEKEND (PAW)
Programs All Weekend consists of cultural, social, educational, athletic, and other fun events on campus from Thursday through Sunday. PAW is open for all students to participate!
For more information: http://www.odu.edu/life/gettinginvolved/programming/paw

OFFICE OF INTERCULTURAL RELATIONS (OIR)
The Office of Intercultural Relations sponsors programs and activities that promote the celebration of diversity and enhance the understanding of global/cross-cultural perspectives.
For more information: https://www.odu.edu/oir#ad-image-0

OFFICE OF LEADERSHIP AND STUDENT INVOLVEMENT (LSI)
The Office of Leadership and Student Involvement organizes a wide variety of events and volunteer opportunities on campus and in the community. This office also coordinates the various on campus organizations that you may want to join while studying at ODU.
For more information: http://www.odu.edu/studentinvolvement
RESIDENT TRANSPORTATION GUIDE

AROUND CAMPUS

Monarch Transit Shuttles
Mon-Fri 7:30am – 10:30pm
Sat-Sun Noon – 10:30pm
ODU App or odu.edu/monarchtransit
Set up arrival alerts or track live ODU ID required

Resident Parking
Freshman Residents not permitted cars
Upper Class Residents require permits

Bicycles
Please register with ODU Police
Rent a bike at Outdoor Adventure Program
Lock to bike racks ONLY

OFF CAMPUS

Monarch Transit Shuttles
Walmart/Kroger Route
Fri-Sun Noon-6pm
Ghent/MacArthur Route
Fri 6pm-12:30am, Sat Noon-12:30am, Sun Noon-6pm
ODU App or odu.edu/monarchtransit ODU ID required

SAFE RIDE
Sunset – 2:30am BY REQUEST ONLY
Boundaries: Magnolia Ave to 38th St, Elizabeth Rd to Calley Ave.
ODU App, (757) 683-3477 or odu.edu/monarchtransit

Zipcars
Sign up at zipcar.com/odu
Cars in Lots 23 & Lot 32
Annual fee + $6-8/ hour
HRT Buses/Light Rail/Ferries
$25 annual GoPasses
Route 2 on Hampton Blvd
Route 4 on 43rd St, Powhatan Ave & 49th St

Amtrak/Greyhound
Northeast Regional Train
Regional Bus companies
FREE rides to stations during holiday breaks

ODU TRANSPORTATION & PARKING SERVICES
4310 ELKHORN AVE. NORFOLK, VA 23529
757-683-4004 (office) | parking@odu.edu
WWW.ODU.EDU/PARKING
www.odu.edu/monarchtransit
HOW TO MAKE A REQUEST

During inclement weather and most academic breaks, service may be suspended.

December 8, January 10, February 7, March 20, April 2, May 8
HOURS: Sunset - 2:30am Monday - Sunday

SAFE RIDE is the University's On-Demand evening van service.

End of Document.
GET TO KNOW NORFOLK & THE SURROUNDING AREA!
Norfolk Visitor Info: www.visitnorfolktoday.com
Places to go and things to see in Norfolk.

Portsmouth Visitor Info: www.portsvacation.com
Places to go and things to see in Portsmouth.

Virginia Visitor Info: www.virginia.org
Information on places to go and things to see across Virginia.

The Virginian Pilot, Norfolk's Newspaper: www.pilotonline.com
News and events in Norfolk and surrounding areas.

AltDaily: www.altdaily.com
Information on news, culture, and events in Norfolk and surrounding areas.

Hampton Roads Public Transportation: www.gohrt.com
Follow the link for information on bus and light rail routes and timetables.

Norfolk Festevents: www.festevents.org
Information on events in downtown Norfolk.

Ted Constant Convocation Center: www.constantcenter.com
Also known as “The Ted.” Multi-purpose arena for sports games, concerts and events in Norfolk. An ODU ID will often get you a discounted ticket price.

Nearby Event Venues: www.sevenvenues.com
Gateway to theatres and convention centers located in the city.

Chrysler Museum of Art: www.chrysler.org
Norfolk’s premier art museum with an expansive permanent collection and temporary exhibits.

Nauticus Museum: www.nauticus.org
Tour the USS Battleship Wisconsin, explore US naval history, and other changing exhibits.

Virginia Aquarium (Virginia Beach): www.virginiaaquarium.com
See seals, turtles, sting rays, otters, fish, and birds! They also have a ropes course called “The Adventure Park.”

Virginia Zoo: www.virginiazoo.org
Home to 400 animals, on 53 acres of beautifully landscaped grounds.

Norfolk Admirals Hockey: www.norfolkadmirals.com
Professional hockey team with home games in downtown Norfolk.

Norfolk Tides Minor League Baseball: www.norfolktides.com
Professional baseball team with home games in downtown Norfolk.

The Norva: www.thenorva.com
A cool music venue located across the street from MacArthur Mall in downtown Norfolk.

Norfolk Botanical Gardens: http://norfolkbotanicalgarden.org/
A botanical garden and historic landmark in Norfolk.

Farm Bureau Live / VA Beach Amphitheater: http://www.thefarmbureaulive.com/
An outdoor venue in Virginia Beach that attracts large national/international music groups