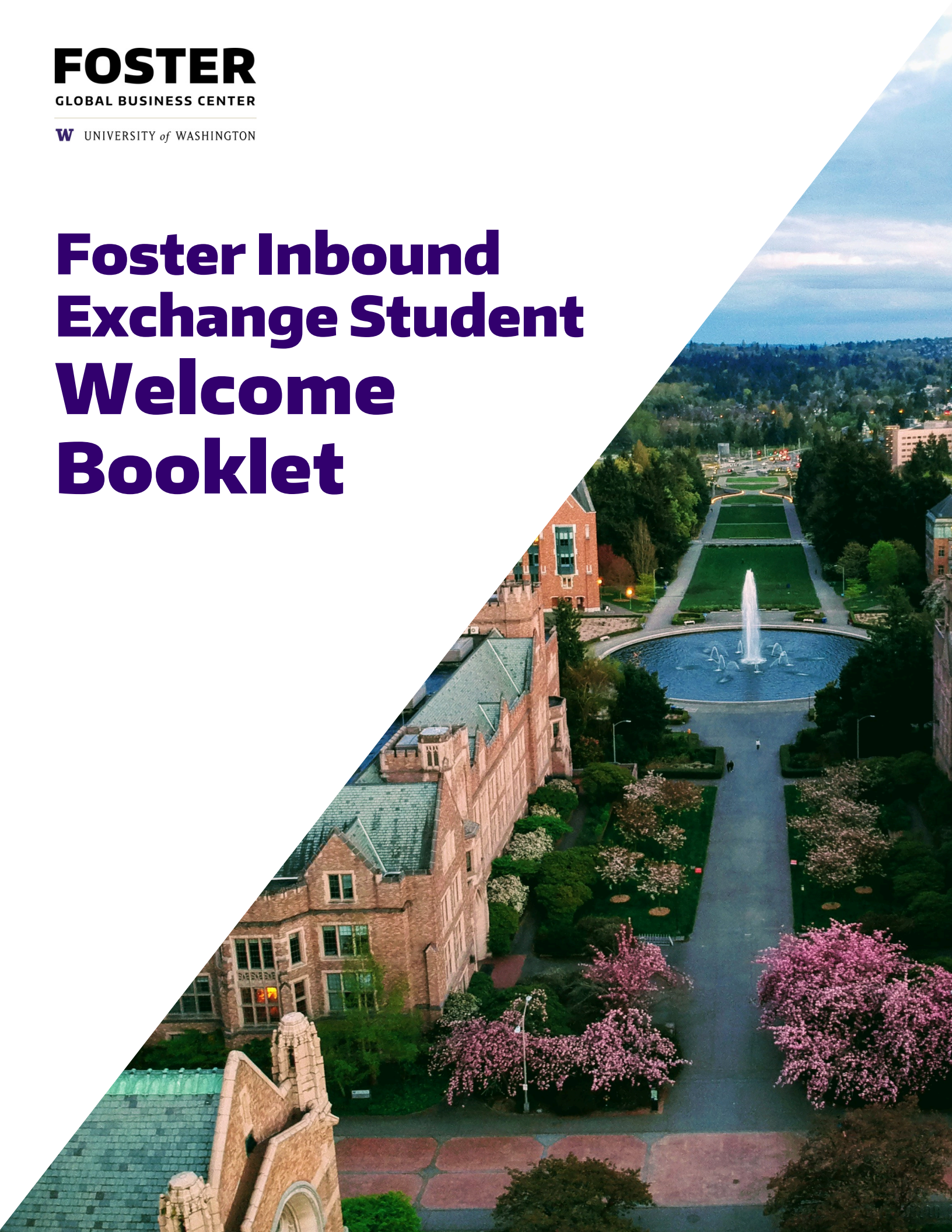


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Foster Inbound Exchange Student Welcome Booklet





Welcome to the Michael G. Foster School of Business

Welcome to the University of Washington! Situated in the heart of Seattle, the University prides itself not only on its academic merits, but a fun, fast, urban environment as well. As you will find out, there are endless activities and places to experience in Seattle. In order to make your stay as enjoyable as possible, we would like to share some information with you. What you will find in the welcome packet is a list of campus events and information centers, as well as a more general look at what Seattle offers. Our hope is that you will not only enjoy the academic benefits of the University but the city of Seattle, and the beautiful Pacific Northwest, as well!

Sincerely,

Theresa Maloney
Assistant Director

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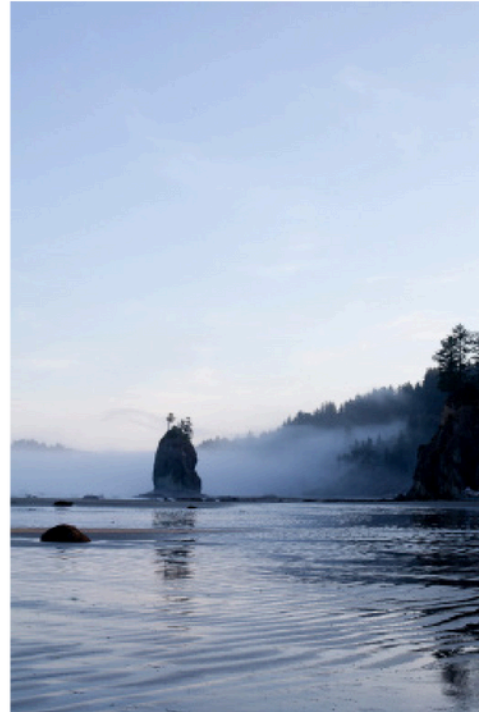
CAMPUS



SEATTLE



PACIFIC NORTHWEST



4.

Campus Life / Events

6.

Seattle / Events / Attractions

10.

Pacific Northwest: Places to Visit

12.

Contact Us / Resources

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Campus Life



01. The Arts

Meany Hall

Meany Hall for the Performing Arts is located on the southwest corner of the UW's Central Plaza ("Red Square"). The theater features the UW World Series and world renowned dancers and artists. Discounts are offered for students and faculty. <https://meanycenter.org/>

Henry Art Gallery

The only museum dedicated to contemporary art in our region, the Henry is internationally recognized for our groundbreaking exhibitions, for being on the edge of contemporary art and culture, and for being the first to premiere and sponsor new works by artists of note. Admission is free with Husky Card. <https://henryart.org/>

Burke Museum

Dedicated to natural history and culture in the Pacific Northwest, the Burke Museum is located on UW's campus. Free admission with Husky Card. <http://www.burkemuseum.org/>

02. Sports and Activities



Intramural Activities Building (IMA)

The IMA staff invites you to enjoy the exercise, sports and fitness opportunities available to students, faculty and staff members at the University of Washington.

Intramural Sports

From racquetball to soccer, the intramural program allows anyone to participate an organized sport. Sign up with a team or play as a free agent! <http://www.washington.edu/ima/intramurals/>

Waterfront Activities Center

The Waterfront Activities Center (WAC), located directly behind Husky Stadium on Union Bay and the Montlake Cut, offers canoe, kayak and rowboat rentals.

Gear Garage

Sharing a building with the WAC, the Gear Garage offers economical equipment rental for camping, biking, fishing, rock climbing, spike ball, horseshoes, snowshoeing, bocce ball and more! <https://www.washington.edu/ima/uwild/equipment-rental/>

Golf Driving Range

The golf driving range is open to current UW students, faculty/staff, alumni and the general public. <http://www.washington.edu/ima/golf/>

Sports by Season

Fall	Winter	Spring
Football	Gymnastics	Baseball
Basketball	Softball	Tennis
Cross Country		Track and Field
Soccer		
Women's Volleyball		

For schedules and ticket info visit: <http://www.gohuskies.com/>

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04. Food

Whether you're looking for a full meal or a quick coffee between class, finding great food is easy in the University District. Visit one of our favorite Husky cafes or visit the Husky Union Building (HUB) for your choice of burgers, pizza, pasta, or salad at one of the many restaurants. You can also venture to University Ave for a diverse array of global cuisine!

On Campus

- | | |
|--|--|
| 1. Orin's Place
Paccar Hall | 4. Husky Grind Cafe
District Market |
| 2. Cantina
The HUB | 5. Pagliacci Pizza
The HUB |
| 3. Suzzallo Espresso
Suzzallo Library | 6. DUB Street
The HUB |

Off Campus

- | | |
|---|---|
| 1. Portage Bay
4130 Roosevelt Way NE | 9. Cafe on the Ave
4201 University Way NE |
| 2. Chipotle
4229 University Way NE | 10. Morsel
5000 University Way NE |
| 3. Thanh Vi
4226 University Way NE | 11. Memos Mexican
Restaurant
4743 University Way NE |
| 4. Saint Bread
1421 NE Boat St | |
| 5. Aladdin Gyro-Cery
& Deli
4139 University Wy NE | |
| 6. Saigon Deli
4142 Brooklyn Ave NE | |
| 7. Thai Tom
4543 University Way NE | |
| 8. Mee Sum
4343 University Way NE | |



03. Events

Foster School

Week of Welcome (WoW!)

The Foster School of Business welcomes incoming freshman and returning students with a week of welcome, the first week of each Fall and Winter quarter. Visit a stand or event for free goodies and food!

Campus

Dawg Daze

Dawg Daze is the University of Washington's annual tradition of welcoming first-year and returning students to campus each Fall. Become a part of the UW community, meet new students and start building your Husky experience!
<http://www.uwdawgdaze.com/>

Public Lectures

The Graduate School at the University of Washington presents their annual lecture series. For more event information visit:
<https://grad.uw.edu/public-lecture-series/>

ASUW Spring Show

Known for featuring impressive artists (including Pusha T, Whethan, Rae Sremmurd, D.R.A.M. and Joey Bada\$\$), the ASUW Spring Show draws large crowds of students. The outdoor concert is on campus and free to UW students.



City Living

Seattle boasts a variety of people, environments, and attractions. The city offers a diverse backdrop that gives way to the most innovative artists, chefs, and entrepreneurs. The Space Needle dazzles even the common Seattlite, but we hope that we can share some local treasures and hot-spots as well. This section outlines our favorite neighborhoods, attractions, and artistic outlets Seattle has to offer!

Parks

Gas Works

With stunning views of downtown, Gas Works is the perfect place to spend an afternoon outside.

2101 N Northlake Way, Seattle, WA 98103

Kerry Park

Kerry Park arguably boasts the best panoramic view of Seattle. Be cautious of a large crowd.

211 W Highland Dr, Seattle, WA 98119

Golden Gardens

Located near the neighborhood of Ballard, this beach is a favorite of local Seattlites. It is a great spot for bonfires with friends in the summer!

8498 Seaview Pl NW, Seattle, WA 98117

Discovery Park

As Seattle's largest city park, Discovery Park offers 534 acres of outdoor space as a perfect getaway from the city.

3801 Discovery Park Blvd, WA 98199

Magnuson Park

Located on an old army base, Magnuson Park is a short 15 minute drive/bus ride from the U-District. It has easy walking trails, a dog park, soccer fields, tennis, and boating.

7400 Sand Point Way NE, Seattle, WA 98115

Greenlake Park

The 3-mile loop around a lake is only a short drive or walk from the University District. During the summer Greenlake's small beach offers a perfect local for a picnic. Paddle boards and paddle boats are also available to rent in-season.

7201 Green Lake Trail, Seattle, WA 98115

Museums

Seattle Art Museum

Admission is free every first Thursday. SAM also hosts events like Remix where adults can participate in a night of arts, music, and activities.

<https://www.seattleartmuseum.org/visit/seattle-art-museum>

The Museum Pass

Use your Seattle Public Library Pass to check out a museum at no charge.

<https://www.spl.org/programs-and-services/arts-and-culture/museum-pass>

Olympic Sculpture Park

Free to the public. The OSP hosts evening events during the summer.

<https://www.seattleartmuseum.org/visit/olympic-sculpture-park>

Chihuly Garden and Glass Museum

Experience the beauty of Chihuly blown glass at the Seattle Center.

<https://www.chihulygardenandglass.com/>

Woodland Park Zoo

Located a short 10 minute ride from campus and open daily, there are discounts for students.

<https://www.zoo.org/>

Frye Art Museum

Enjoy nineteenth century- present painting and sculpture. Admission and parking are free.

<https://fryemuseum.org/>

Asian Art Museum

Free first Thursday on every month.

<http://www.seattleartmuseum.org/visit/asian-art-museum>

Music

The best place to find upcoming concerts and music venues is online. Listed below are some reliable websites:

1. <https://www.songkick.com/metro-areas/2846-us-seattle>
2. <https://visitseattle.org/things-to-do/events/>
3. <https://www.events12.com/seattle/>

Neptune

Located just a block off of University Avenue, the Neptune has impressive lineups and an intimate, casual atmosphere.

<https://www.stgpresents.org/events/>

Neumos

A gem in the Seattle music scene, Nuemos is one of the best spots for local artists and up-and-coming performers.

<https://www.neumos.com/>

The Crocodile

Tickets sell out quickly for this small venue, but it's well worth it to see impressive artists at this Seattle concert venue!

<https://www.thecrocodile.com/>

Performing Arts & Film

SIFF Movie Theatre

See movies from around the world both year-around and at the annual International Film Festival every May.

<https://www.siff.net/festival>

5th Ave Theatre

Live musical theatre with a wide variety of shows.

<https://www.5thavenue.org/>

Top Tourist Sights

01. Space Needle

Best to visit during sunset/sunrise hours. Avoid crowds by visiting on weekdays.

<https://www.spaceneedle.com/>

02. Pike Place Market

Iconic for the city, Pike Place Market offers more than a pretty setting. Visit the market for delicious fresh fish and produce. Pop into almost any local restaurant or cafe for some clam chowder or local cuisine.

03. Columbia Centerr

Catch one of the best views from the tallest building in Washington State!

<https://skyviewobservatory.com/>

04. Ferris Wheel

The Seattle Ferris wheel is situated beneath Pike Place Market on the downtown waterfront.

05. Boat Tours

Boat cruises are a great way to see the city!

<https://www.argosycruises.com/>

Repertory Theatre

Focused on uplifting the community through the performing arts, the Repertory Theatre is located in the Seattle Center!

<https://www.seattlerep.org/>

Sporting Events

Mariners Baseball Games

A favorite pastime of Seattlites, Mariner's baseball games are a great way to experience the fun culture of the city. The season begins in the spring and continues into early summer.

For schedule and ticket info visit: <https://www.mlb.com/mariners/tickets>

Seattle Seahawks Football

You will undoubtedly hear "Go Hawks!" during your stay in Seattle. Seattle is very proud of their football team, who in recent years has gone to two Super Bowls and won a national championship. Tickets to games are expensive, but the experience is one of a lifetime.

For schedule and ticket info visit: <https://www.seahawks.com/tickets/>

Sounders Soccer

Also an easily accessible activity, attending a Sounders soccer game always proves to be a fun activity. Games are held at CenturyLink Field.

For schedule and ticket info visit: <https://www.soundersfc.com/tickets/>



Neighborhoods

1

University District

University Way, commonly referred to as "the Ave", has great student restaurants and bars. However, University District is also home to University Village where you can find an array of stores and dining options. There is also a farmer's market, where you can get fresh meat and produce every Saturday from 9 am-2pm on 50th and University Way. The market runs year-around.

2

Wallingford

A small neighborhood located just past I-5 by the University District, Wallingford is a residential area with a stretch of main road full of tasty restaurants. This neighborhood is perfect for a spur of the moment stop for dinner. The dining environment is casual and upbeat. Be sure to stop by the Wallingford Molly Moon's location for great ice cream and a smaller crowd.

3

Fremont

Quirky and creative, Fremont offers local shopping, small cafes, weekend parades and parties. The neighborhood is recognized for its attractions, the Fremont Troll and Lenin Statue! It also hosts numerous festivals throughout the year, some of which are listed below. 1.Fremont Solstice Fair 2.Fremont Oktoberfest

4

Greenlake

Greenlake park is an ideal spot for a afternoon jog or walk. However, the neighborhood is not only known for its park, but cafes and restaurants as well. Try Retreat or stop by Rosita's for some great Mexican food. Another feature of the Greenlake neighborhood are the many exercise studios. Whether you want to try hot yoga, Barre, or take a dance class, head to Greenlake.

5

Capitol Hill

Known for its nightlife, Capitol Hill has become one of the hottest neighborhoods for young people. There are a myriad of bars and clubs. Capitol Hill also hosts it's own music festival, CH Block Party, in the summer and has an endless schedule of concerts during the year.

8

Downtown/Belltown

Most tourists are most familiar with downtown Seattle's Pike Place Market. Although this hallmark attraction is a must-see, downtown is a vast area to explore. Visit the Seattle Art Museum, shop in Pacific Place, and eat at one of Pike Place Market's many food stands and restaurants. See the first Starbucks but get an afternoon espresso at Le Panier. Later, venture down to Pioneer Square, for boutique shopping and gallery walks every first Thursday of the month.

Situated between downtown and the Space Needle is Belltown. This cool pocket of Seattle hosts cool bars and restaurants, perfect for an evening out. The Seattle Opera and Olympic Sculpture park are located near Belltown.



6

Queen Anne

Queen Anne boasts stunning views of downtown Seattle in a cute neighborhood of historic homes and shops. Wander the main roads for small cafes and breakfast spots, eateries and bars. Visit lower Queen Anne, now called Up Town, for the SIFF movie theater and Seattle Center.

7

International District

A spectacular show of Seattle's diverse environment, this neighborhood is a authentic center of international culture and cuisine. It is also situated next to Lumen Field and T-Mobile Park where you can watch a Seahawks or Mariners game!

9

Ballard

What started as a Scandinavian fishing village, is now a vibrant day and night out neighborhood. Explore boutiques, hit up a coffee shop, or head to dinner. Then get dessert at Hot Cakes, the famous Seattle chocolate molten lava cake shop.

Top Places to Eat

01. Japonessa

Make sure you go during happy hour for amazing sushi at student friendly prices.

02. Paseo

Legendary for their Cuban sandwiches, Paseo's secret recipes impress every time. Keep in mind it is cash only and gets very busy!

03. Agua Verde

Located on the waterfront, just below campus, Agua Verde has great margaritas and even better food. Its patio seating is a great choice for sunny days!

04. Ezell's Famous Chicken

Seriously, you won't find better fried chicken.

05. Toulouse Petit

A cajun-creole styled menu offers yummy and interesting food. This Seattle favorite is located in Up Town.

06. Hello Robin & Molly Moon's

Very popular, Hello Robin & Molly Moon's feature some of the best ice cream around. The two locations both serve the same ice cream, however Hello Robin serves the delicious dessert on freshly baked cookies. There are multiple locations, the closet being the University Village location of Molly Moon's.

Top 5 Study Cafes

01. Zoka Coffee Roaster & Tea Co

2901 NE Blakeley St, Seattle, WA 98105

02. Cafe Allegro

4214 University Way NE, Seattle, WA 98105

03. Cafe on the Ave

4201 University Way NE, Seattle, WA 98105

04. Cafe Solstice

4116 University Way NE, Seattle, WA 98105

05. Starbucks - University Village

4634 26th Ave NE, Seattle, WA 98105

Pacific Northwest

01

San Juan Islands

Located about three hours north of Seattle, the San Juan archipelago is made up of over 170 islands. This destination hosts some of the best hiking and whale watching in the Northwest.

<https://www.visitsanjuans.com/>

02

Mt. Rainier

Not only does Mt. Rainier serve as a beautiful focal point on the Seattle skyline, but offers a beautiful spot for a weekend getaway close to Seattle. Most accessible in the summertime, the mountain is an ideal spot to hike through wildflowers and explore one of Washington's most beautiful landscapes.

<https://visitrainier.com/>

03

Portland, Oregon

Spunky and eclectic Portland offers a diverse and interesting mix of arts, culture, and scenery. The city is situated about a three hour drive or train south of Seattle. There, you can find great shopping and new restaurants.

04

Oregon Coast

The Oregon coast has been a longtime travel destination for people in the Pacific Northwest. This stretch of beaches and small towns offers the perfect local for a short road trip.

<https://visittheoregoncoast.com/>

05

Vancouver, Canada

Across the northern boarder of Washington is Vancouver, Canada. The city is a hot-spot of culture, similar but different to the cities of Seattle and Portland. It hosts a variety of music, film, and arts festivals year-around. It is also a ideal stop on the way to Whistler, Canada, where you can enjoy some of the best skiing in the world.



06

Whistler, Canada

Past host of the winter Olympics, Whistler is a world-renowned ski resort. Once in Canada, Whistler is easily accessible. Martin Luther King weekend (mid-January) is known as “College Weekend” when students from colleges in the Pacific Northwest visit Whistler for a weekend of skiing and bar-hopping.

<https://www.whistler.com/>



07

Washington Coast/Peninsula

A stunning landscape, the coast of Washington is a great destination for a road-trip. There are many locations where you can camp, or stay in a hotel or cabin. Olympic National Park and Lake Quinault offer many hiking and camping options as well.

<https://olympicpeninsula.org/>



08

Event Venues and Resources

Seattle Center

<https://www.seattlecenter.com/events/>

Home to a collection of over 30 cultural, educational and entertainment organizations, Seattle Center provides a stage for thousands of events and programs each year.

Seattle Parks and Recreation

<https://seattle.gov/parks>

Seattle Parks and Recreation (SPR) manages a 6,414-acre park system of over 485 parks and extensive natural areas.

The Seattle Times - Event Calendar

<https://www.seattletimes.com/entertainment/events/>

The Seattle Times is a daily newspaper serving Seattle. It has the largest circulation of any newspaper in the state of Washington and in the Pacific Northwest region. Their events calendar will keep you up to date with all of Seattle's biggest events.

The Stranger - Things To Do

<https://everout.com/seattle/>

The Stranger is an alternative biweekly newspaper in Seattle that runs a comprehensive guide to Seattle's interesting and quirky events.

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Contact Information & Resources

Global Business Center (GBC)

Theresa Maloney
Inbound Exchange Manager
Global Business Center
UW Foster School of Business
email: tmaloney@uw.edu
phone: +1-206-221-2205

Foster Buildings:

- Paccar Hall
- Dempsey Hall
- Founders Hall
- Bank of America Exec Edu

Useful Links

News Outlets

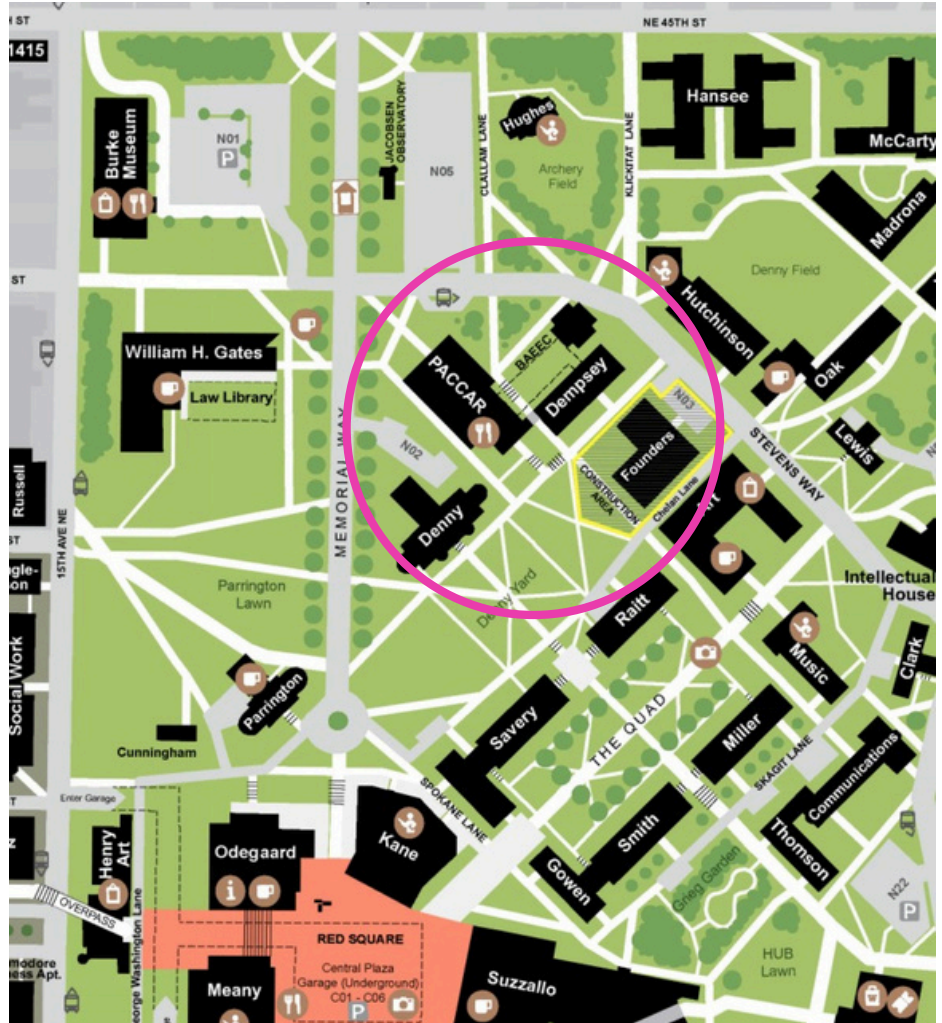
1. <https://www.seattletimes.com/>
2. <https://www.dailyuw.com/>
3. <https://www.thestranger.com/>

Blogs

1. <https://visitseattle.org/blog/>

Student Perks

1. Amazon Prime: <https://www.amazon.com/Amazon-Student/b?ie=UTF8&node=668781011>
2. University Bookstore Rewards: <https://www.ubookstore.com/memberships>



<https://www.washington.edu/maps/>