

Eugene Area Recommendations

Coffee Shops Off-Campus

- The Washburne Café (Main St., Springfield)
- Wandering Goat (Whiteaker Neighborhood)
- Noisette Bakery (Downtown Eugene)
- Townshend's Tea House (Downtown Eugene)
- Oolong Bar (East Campus, 19th St.)
- Vero Espresso House (14th & Pearl)

Fun Sites and Hikes within 1 Hour

- Florence
- Silver Falls
- Cougar Hot Springs
- Triangle Lake Rock Slides

Best Hikes Close By:

- Mount Pisgah
- Spencer Butte
- Brice Creek

Transportation:

- U of O students can use Eugene/Springfield Transit System free with Student ID
- Ruth Bascom Bike Trail:
<https://www.eugene-or.gov/DocumentCenter/Home/View/4762>
- Zip Car: <http://www.zipcar.com/universities/university-of-oregon>

Medical Resources outside of campus

- Oregon Medical Group (Various locations; 541- 242-4444)
- Peacehealth (University District; 458-205-6011)
- Eugene Urgent Care (13th & Patterson; 541-636-3473)
- RiverBend E.R. (12 minute car ride, 30 minute bus ride; 541-222-6931)
- McKenzie Willamette E.R. (10 min car ride, 30 min bus ride; 541-726-4400)

University Resources

HEDCO

- Learning Commons (Rent a room, rent equipment, or SPSS use on the lab computers)
<https://coe.uoregon.edu/lc/>

Erb Memorial Union (EMU)

- Food, coffee, tea, ice cream, beer- you name it!
- Also, home of the Craft Center, Duck's Nest, and numerous student organizations

Libraries

- Knight Library (you can reserve study rooms ahead of time online)
<http://library.uoregon.edu/study/reserve>
- Law Library (check this out for new study scenery and a *very* quiet environment)
- Allan Price Science Commons & Research Library (underground adjacent to Willamette hall)

Best Coffee on Campus:

- John E. Jaqua Academic Center for Student Athletes
- Marché Museum Café

Physical Health:

- University Health Center (541-346-2770)
<https://health.uoregon.edu/>
- Student Recreation Center (Work out for free or purchase GroupX class passes)
<https://uorec.uoregon.edu/>

Mental Health Resources on Campus:

- University Counselling and Testing Center (UCTC) (541-346-3227, can call 24/7)
<https://counseling.uoregon.edu/>
- Duck's Nest (Yoga, meditation, and so much more!)
<https://health.uoregon.edu/ducknest>

Campus Community Resources

- Find your classes and anything else you need on campus: <https://map.uoregon.edu/>
- Find people and make sure your information is private: <https://uoregon.edu/findpeople>
- Register for classes, pay bills, management employment, etc.:
<https://duckweb.uoregon.edu/>
- Campus email: <https://webmail.uoregon.edu/>
- Most course websites: <https://canvas.uoregon.edu/>
- Additional course websites: <https://www.obaverse.net/>
- Buy books: <http://www.uoduckstore.com/>
- Search for journal articles and find general library information:
<http://library.uoregon.edu/>
- Issues with sexual assault, sexual harassment, dating or domestic violence, gender-based harassment or bullying, and or stalking: <http://safe.uoregon.edu/> (541-346-7233 (SAFE))
- Free Safe Ride Service transports students in a shuttle from campus to within about 3 miles of campus: <http://pages.uoregon.edu/saferide/>
 - Call 541-346-7433 (ext. 2)
 - Hours
 - Sun-Thurs 6PM-12AM
 - Fri-Sat 7PM-2AM
- Graduate Teaching Fellows Federation website for all things GE
<http://gtff3544.net/>