When getting around grounds and other places, contribute to the community by helping keep everyone safe.

**Walking**
- Make sure cars and bikes can easily spot you by crossing the street at marked pedestrian crosswalks (press the button for flashing lights) and by waiting for the pedestrian signal at intersections.
- On busy sidewalks or at crosswalks, stop phone use and drop an ear bud so you can navigate without distractions.
- Texting while walking is tricky! If you want to text, stop and move off the sidewalk, or walk quickly to get where you are going, then text after you arrive.

**Bicycling**
- Biking is fun, plus it’s good for your body, the air quality, your pocketbook, and your busy schedule.
- Wear a helmet. Really.
- Use front and back lights between sunset and sunrise.
- Stay alert and skip the earbuds.

**Driving**
- Keep an eye out for pedestrians and bicyclists, especially around grounds and downtown. Avoid phone use while driving so you can focus on the road.

**Spring Break Travel**
- If traveling at spring break. Planning ahead can help you maximize fun and minimize problems.

**Road Trips**
- Road trips with friends can be great! Remember to:
  1. Map out your route ahead of time.
  2. Take turns driving so no one gets tired behind the wheel.
  3. Have the front passenger control phone use, music, and directions.

**Heading to Another Country?**
- Make an appointment (asap!) with the Student Health International Travel Clinic for immunizations, prescriptions, and travel advice, even if traveling with an organized group. Details on the Student Health website.
- For international travel tips, visit travel.state.gov and search for the ‘Students Abroad’ page. Get information specific to the country you are visiting, like recommended vaccinations and considerations for local food and drinking water safety.

**More Tips**
- Look for the nifty bike channels to help you get your bike up the stairs by Clark and Newcomb.
- Lock your bike (frame and front wheel) to designated bicycle racks. If you aren’t around over the summer, take your bike with you.
- Riding a motorcycle or moped? Be sure to check the rules and regulations for that vehicle at the Virginia Department of Transportation website.