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# Visiting scholar survival kit

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## 1. EVERY DAY NECESSITIES

- **For groceries and general items with reasonable pricing:**
  - **Kroger** (3 locations) – large chain supermarket, has all your grocery needs
    - 400 S Maple Rd, Ann Arbor
    - 3615 Washtenaw Ave, Ann Arbor
    - 2641 Plymouth Rd, Ann Arbor
  - **Meijer** – an all-in-one supercenter that carries groceries, and other general merchandise like clothing, electronics, kitchenware, and school supplies
    - 3145 Ann Arbor-Saline Rd, Ann Arbor
  - **Target** (2 locations) – carries general merchandise and has a small grocery section. A good option for clothing and home furnishings
    - 2000 W Waters Rd., Ann Arbor
    - 3749 Carpenter Rd., Ypsilanti
  
- **For specialty groceries (can be expensive):**
  - **Busch's Fresh Food Market** – carries local Michigan products and has a robust Asian food selection
    - 2020 Green Rd, Ann Arbor
  - **Plum Market** – gourmet food store that carries all natural, organic and locally sourced products
    - 3601 Plymouth Rd, Ann Arbor
  - **Lucky's Market** – carries natural and organic foods
    - 1919 S Industrial Hwy, Ann Arbor
  - **Trader Joe's** – chain store that carries unique products with their own brand names
    - 2398 E Stadium Blvd, Ann Arbor
  - **People's Food Co-op** – full service grocery store located right down town in Ann Arbor. Carries local organic items
    - 216 N 4<sup>th</sup> Ave, Ann Arbor
  - **Ann Arbor Farmer's Market** (May-Dec., Wednesday & Saturday) – offers farm fresh local produce, fruit and flowers during the summer months
    - 315 Detroit St., Ann Arbor
  
- **For household goods like shampoo/body wash, toiletries, cleaning supplies, etc.**
  - **Meijer (has a pharmacy section – more reasonable price than pharmacies)**
  - **Target (has a pharmacy section – more reasonable price than pharmacies)**
  - **Walgreens**, 317 S State St., Ann Arbor (pharmacy)
  - **Rite Aid**, 2781 Plymouth Rd, Ann Arbor (pharmacy)
  - **CVS Pharmacy**, 209 S State St, Ann Arbor (pharmacy)

## 2. GETTING AROUND ANN ARBOR

- **Airport Transportation: To and from DTW**
  - **AirRide/Michigan Flyer** (airport bus)
    - Least expensive. Be sure to read the information about where to board AirRide at DTW.
  - **Uber / Lyft Ann Arbor** hosts popular ride-sharing services as well. Visit the below websites for fair estimates and instructions on downloading and navigating the apps.
    - **Uber:** <https://www.uber.com/cities/ann-arbor/>
    - **Lyft:** <https://www.lyft.com/cities/ann-arbor-mi>
  - **Airport Shuttles**
    - More expensive but will pick you up and drop you off at your door. Convenient if you have heavy luggage. Advance reservations usually needed; some shuttles allow online reservations. See the [Ann Arbor Area Convention and Visitors Bureau](#) for a list of airport shuttle services.
  - **Taxi**
    - Most expensive. From the airport—follow the signs to Ground Transportation.
- **Buses**
  - **U-M Buses**
    - U-M operates its own line of buses anyone can ride free of charge. Blue U-M buses have “University of Michigan” written in large letters on the side, and run between Central, South, Medical and North Campuses. U-M buses also run between the various buildings of the U-M Health System (including the East Ann Arbor Health Center) and stop at nearby parking lots.
  - **Public Bus Service**
    - U-M students, faculty and staff can ride the buses for free by swiping a valid yellow MCard (University of Michigan ID). The AATA operates two transit centers: Blake Transit Center in downtown Ann Arbor on Fourth Avenue between William and Liberty, and the Ypsilanti Transit Center, located on Pearl Street at Adams Street. Most Ann Arbor routes originate at the Blake Transit Center at 15 minutes after and 15 minutes to each hour.
  - **The Ride** has more information on routes, schedules, how to track your bus, etc. Bus schedules are also available at the transit centers, on AATA buses, or at the [Campus Information Center](#).
- **Alternative options**
  - **Uber / Lyft Ann Arbor** hosts popular ride-sharing services as well. Visit the below websites for fair estimates and instructions on downloading and navigating the apps.
    - **Uber:** <https://www.uber.com/cities/ann-arbor/>
    - **Lyft:** <https://www.lyft.com/cities/ann-arbor-mi>
  - **Taxi**

- While you cannot hail a taxi on the side of the road in Ann Arbor, any of the [taxi companies listed here](#) can bring a taxi to you within 5-15 minutes.
  - **Biking**
    - Ann Arbor is a bike-friendly town that has nearly 80 miles of bike lanes. See the [bicycle map here](#) and decide for yourself if you feel comfortable biking safely around town.
    - Interested in buying a bicycle? [Click here](#) for a guide.
- **Going beyond Ann Arbor**
  - **Regional/national buses**
    - **Greyhound:** Largest provider of intercity bus transportation in the United States; also serves Canada.
    - **Megabus** (Chicago, IL, Grand Rapids, MI, East Lansing MI)
    - **Michigan Flyer** (East Lansing, Ann Arbor, Detroit Metro Airport)
  - **Trains**
    - **Amtrak:** Inter-city passenger trains

### 3. EMERGENCY CONTACTS

- For emergencies (e.g. fires or to call for an ambulance) → **911**
- Ann Arbor Police Department (non-emergency) → **734-994-2911**
- Health care needs (health emergencies, urgent care, dental and vision care services) → [click here for more information](#)

### 4. BANKING

- Looking to open a U.S. bank account? [See this presentation](#) for instructions and information.

### 5. TELEPHONE SERVICES

- Stay connected with loved ones at home with international telephone services. For more information, [click here](#).

### 6. CHILD CARE

- [See here](#) for various kinds of child care options available in the Ann Arbor area.

### 7. RECREATION FOR ADULTS AND CHILDREN

- Ann Arbor is full of nature areas and beautiful parks! For more information, [click here](#).

## 8. OTHER

- **The International Center at the University of Michigan** provides a variety of services to assist international visitors.
  - Contact: 734-764-9310 or [icenter@umich.edu](mailto:icenter@umich.edu)
  - Location: 1500 Student Activities Building, 515 E. Jefferson Street, Ann Arbor
  - Website: <https://internationalcenter.umich.edu/>
- **Department of Family Medicine Research Office, University of Michigan**
  - Contact: 734-998-7120
  - Location: 1018 Fuller Street, Ann Arbor, MI 48104
- **Satoko Motohara, Mixed Methods Program Manager**
  - Contact: 517-303-1027 or [smotohar@umich.edu](mailto:smotohar@umich.edu)
  - Location: 1018 Fuller Street, Ann Arbor, MI 48104