

## Cabin Fever/Transportation

It's mid-November, which means the rains have officially begun here in Portland! With the weather taking a turn from long sunny days to short overcast ones, and the pressure beginning to pick up as finals week nears, we find that our first-year students begin to feel stuck on campus and may develop mild to severe cases of "cabin fever."

Not to worry, though – the University of Portland has a number of transportation options available to your students! In fact, we encourage your students explore Northeast and downtown Portland – we dedicate an entire First-Year Workshop class to the subject of transportation in early September.

During that class, students signed up for free walking and biking maps of Portland (donated by the Portland Bureau of Transportation), which they received a few weeks ago. Also, workshop leaders actually took your students on the [Trimet](#), either to downtown Portland or to St. Johns – so they have utilized Portland's public transportation system at least once already.

The TriMet system allows easy access to the North Portland and downtown Portland areas for a low cost. We have two bus routes that have stops at the University of Portland campus; Route #35 leads to downtown Portland and the Rose Quarter, and Route # 44 bring students to North Portland, downtown, and the Rose Quarter. The University also runs a shuttle frequently throughout the day to the New Seasons Market on the corner of N. Interstate and N. Rosa Parks way; this allows students direct access to the Yellow Line MAX, which travels both downtown and directly to the Portland International Airport.

(By the way, if your students are looking for transportation to the airport for Thanksgiving or winter break, the University provides a shuttle to and from the airport during school holidays. Tell your students to check the portal for an announcement and sign-up information or visit the [Student Activities website](#).)

The University of Portland is also a member of [Zipcar](#), a car-sharing program available in Portland and across the country. UP has several Zipcars housed on campus, and students can join Zipcar for only \$35 a year. Students must be at least 18 years old to join the Zipcar program. If your students want to get away and travel somewhere that our public transportation doesn't reach, then Zipcar is a great option. For more information on Zipcar, visit the [Public Safety](#) website.

If we happen upon a sunny day, your student might be interested in spending some time outdoors, and the University of Portland offers bicycles and camping gear to our students through [Recreation Services](#). Most equipment is loaned on a short-term basis at no cost, if it is returned on time. The Outdoor Pursuits Program is also available through Recreation Services, which takes students off-campus and provides them with opportunities to do things outdoors; events for the rest of the semester include downhill skiing, hiking, snowshoeing, and mountaineering school (for a small cost). Student Activities offers off-campus excursions as well; for a complete listing of their events, see their [event calendar](#).

So if you see signs of cabin fever in your students, remind them of their options! They already know a little something about getting around, so doing it on their own is just a matter of getting a group of

friends together, looking up the TriMet system, signing up for the Zipcar, hopping on their bikes, or checking out what campus already offers – and getting some stress relief by exploring our great city!