



WE'RE HERE FOR YOU, CLASS OF 2020

LAUNCHING INTO POSTGRADUATE LIFE → A VIRTUAL PRIMER

Every year we love hosting our How to Adult series to help you launch into life post-Bates -- and we missed the opportunity to do that this year!

For the next several weeks, we want to share with you advice, suggestions, and resources for all those adulting questions. If you have "how to adult" questions you'd like us to address, email them to us at purposefulwork@bates.edu.

This week, we're focusing on: **FINDING YOUR WAY *AND* YOUR COMMUNITY IN A NEW CITY.**

Regardless of whether you've moved around a lot growing up, starting life in a new place on your own can be daunting, especially if you're not heading somewhere with an established family, friend, or social network. To help you strategize about getting settled in your new surroundings, consider the following:

- ❑ **GETTING AROUND IN THE CITY:** For those of you moving to cities where there's a solid public transportation system, check out what's available for getting around within city limits. Are there buses, trains, trams? What are the underground and aboveground options? Know that different cities call their public transportation systems by different names, so figure out what your system is called (the first step to not being identified as a tourist!) and what your options are to get from point A (home) to point B (school/work) and everywhere in between.

Make sure you find out: how much a single ride costs, whether you can transfer between lines for free, what kind of daily/weekly/monthly passes exist, and whether you need a ticket or a transit card. Some companies cover public transportation costs and some schools have discounts for students, so don't hesitate to ask around about these possibilities. Last but not least, make sure to research stops and schedules -- this can

help you make decisions about where to live, especially if you want to minimize your commute or be close to particular sights and sounds.

For those of you moving to cities where there's still a lot of driving (and parking) going on, look up maps and figure out the location of one-way streets, roundabouts, and high-density areas (like music or sports venues) that you may want to avoid on certain days or at certain times. Research when street cleanings occur that prevent parking and whether parking is free on weekends and holidays. Find out whether particular neighborhood streets may be closed during quiet hours. (Yes, that's a thing!)

- ❑ **GETTING OUTSIDE THE CITY:** If and when you're ready to get outside the city, check out available commuter bus/train options. These are typically transportation lines that take you to other cities and towns (usually suburban, some rural) within a certain radius of the city. As you get acclimated to your city surroundings, it's helpful to know what commuter options are available so that you get to explore more of the region, especially when you need a change of scenery but don't necessarily want to go too far. These options may also help you make decisions about where to live, especially if you prefer to be farther from school/work, pay less for housing, or have more space for a pet to roam.

If you're bringing your car with you, exploring will be even easier. Whether you're looking to engage with nature (from apple picking to mountain biking to overnight camping), get lost at IKEA, or check out other local activities and landmarks, driving definitely gives you the most options, provided that you can deal with the cost of gas, tolls, and parking.

- ❑ **ACCESSING THE AIRPORT (AND MAJOR BUS/TRAIN STATIONS):** Know your closest airport as well as major bus/train stations in the city. If you're planning to travel a lot, or you're expecting friends and family to visit, knowing how much the bus, the train, a taxi, or an Uber/Lyft costs from these locations, and how long the trip takes to your new home, is extremely useful for making travel arrangements, coordinating schedules, and managing logistics.
- ❑ **FEEDING YOUR BODY:** Whether you're a home chef, a restaurant goer, on a budget, or able to splurge, you need to eat. Look up maps and figure out the location of large supermarkets, small grocery stores, farmers markets, specialty shops, convenience stores, and even pharmacies, where you can purchase groceries, personal favorites, and late night snacks. Find out local culture and city/store policies around grocery bags (reusable and disposable) and self-bagging. Eater, Yelp, and city-specific websites and apps can help you find your much needed local coffee shop, healthy juice bar, and Sunday brunch spot. OpenTable and Resy can assist with reservations at the busier spots. Check out the social media platforms of local influencers to find out what's current and trending in the area. With some research, you're likely to find whatever suits your palate or budget -- even if you have to go a bit out of the way to access them.

- ❑ **FEEDING YOUR MIND AND SPIRIT:** Think about the kinds of activities that you need/want to have in your life that allow you to be fully engaged in the act and experience of living. Are you a film lover looking for arthouse theaters? Are you a fitness enthusiast looking for running/biking paths? Are you seeking a house of worship or a community garden? What defines you? Whatever those things are, make sure to research them in your new city.

Being able to engage in hobbies and interests that define you can help ground you in your new surroundings, especially when there are significant unknowns. Additionally, the contexts in which these activities take place can provide access to communities that can help ground you even more.

If you're an adventurer and an explorer, and you're interested in getting to know your new city even better, check out the local tourism bureau and find out whether there's a city-specific website, social media page, or blog that highlights events happening each week. Take advantage of a variety of events to see different parts of the city, connect with the locals, and cultivate a deeper sense of place.

- ❑ **FINDING YOUR PEOPLE:** One of the hardest parts about moving to a new city is finding connections to people who get you. Once you're not in college, it's a lot more challenging when you're no longer running into friends in class, Commons, dorms, or locker rooms. In essence, you're a first-year and starting from scratch.

If you have school or work friends, think about what kind of friends they are. Are they friends of convenience or are they friends you really connect with? It doesn't matter which category they fall into, as long as you engage with them accordingly. Put energy into those you want to put energy into. REMEMBER: You don't have to be close with everyone.

Do you have Bates friends in the area? Are you in a city where there's a Bates alumni network? Have you identified Bates alumni in the city through LinkedIn? If you start with Bates connections, you can build a network of contacts and friends from there.

Do you have family or friends who have family or friends in the area? It may feel easier and safer to build relationships and friendships through a common connection -- someone who's vetted you and the other person as reasonably compatible. If you're both new to the area, you can get to know your new city together. If they're more established, they can provide you with recommendations and suggestions for exploring the city.

If you're engaged with the arts, there are often groups associated with museums and theaters that bring together young professionals. If you're into the outdoors, companies like REI often coordinate day and overnight trips for small groups to go hiking or

camping. If you're looking to continue with your sport from college, there are adult sports leagues to be found in cities across the country. The opportunities are essentially endless if you're willing to do the research -- and be brave.

Regardless of what kinds of people are your people, it's possible to find them, provided that you're open to engaging in conversation with random strangers. It may take some work, but as with most things that matter, it'll be worth it.

****WHERE TO FIND US THIS SUMMER****

- **Counseling Appointments via Phone, Zoom, or Google Hangout**

As is the case every summer, our team will continue to be available, so don't hesitate to reach out should you need help with anything related to Purposeful Work. Our counselors are available for appointments via phone, Zoom, or Google Hangout. You can make an appointment for Monday-Friday 9AM-4PM ET through Handshake (log in, click "Career Center" in the upper right, then click "Appointments"). If you have any trouble making an appointment, please email us at purposefulwork@bates.edu.

- **Resume and Cover Letter Reviews**

If you'd like to submit your resume and/or cover letter for review, please email your document(s) to purposefulwork@bates.edu. We'll have an advisor available every Monday-Friday 1-3PM to provide feedback on your document(s).

- **Quick Consultation**

If you'd like to reach out with a quick question or for a quick consult, we'll have an advisor *LIVE* on Zoom every Wednesday 7-9PM through the summer. Find us at this Zoom link: <https://bates.zoom.us/j/92562630956>. You'll enter a waiting room and the on-call advisor will be with you as soon as possible.

NOTE: If you've missed any of the Class of 2020 messages since March 23, you can find them [here on the Purposeful Work COVID-19 page](#).

As always, we're here for you. Have a wonderful summer!

The Team at the Center for Purposeful Work