

**BOWDOIN  
STUDENT  
GOVERNMENT**



**COST  
CUTTING  
GUIDE  
2010**





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# Introduction

Paying for college tuition and room & board alone is a very big investment. However, we all know that there are often other costs associated with enjoying life at college. Decorating your dorm room, ordering late night pizza and having fun can cost more than you may expect.

Bowdoin strives to enrich every students' experience to the fullest extent. To ensure that this experience is also affordable, the Bowdoin Student Government has compiled some helpful tips and information on how to love life at Bowdoin without emptying your precious wallet.

This guide should supplement any other information you receive about life at Bowdoin. If you have any questions or concerns about the information included in this guide, be proactive and talk to a member of the Bowdoin Student Government, your dean(s), and your professor(s).

## **BSG Website:**

**<http://studorgs.bowdoin.edu/bsg/>**

**You may be surprised to learn how many ways you can cut costs while still having a great time.**

Books can be a major expense for any college student. But there are a few things you can do to reduce the amount you spend on them.

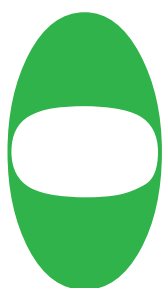


### 1. Order your books online.

Many websites offer discounted prices for books – you can save up to 50% on each book using online stores. Just make sure that you order the correct edition and that you place your order ahead of time. Ordering a book at the very last minute can be a bit risky, since shipping may take some time. To order your books ahead of time, visit the Bowdoin Bookstore Textbook Center website to find the lists of books required for your courses:

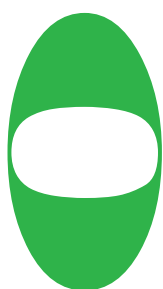
Bowdoin Textbook Center:

<http://www.bkstr.com/CategoryDisplay/10001-9604-16903-1?demoKey=d>.



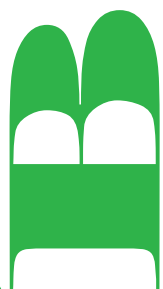
### 2. Buy used books, rather than new ones.

Used books are just as 'useable' or 'good' as the newer versions. The Textbook Center of the Bowdoin Bookstore, located in the basement of Coles Tower, carries almost all books required by professors. The bookstore sells used books for 25% off the list price (the list price is the price of the new version of the same book). And, if you're lucky, you may even inherit the book from a great-highlighter or note-taker!



#### Websites That Sell Books At Discounted Prices

- 1 [www.Amazon.com](http://www.Amazon.com)
- 2 [www.Campusbooks.com](http://www.Campusbooks.com)
- 3 [www.Cheapesttextbooks.com](http://www.Cheapesttextbooks.com)
- 4 [www.Ecampus.com](http://www.Ecampus.com)
- 5 [www.Half.com](http://www.Half.com)
- 6 [www.Textbookx.com](http://www.Textbookx.com)
- 7 [www.Zooba.com](http://www.Zooba.com)



### 3. If you have books you no longer want, make some money by selling them.

At the end of each term, take your books to the Bowdoin Textbook Center. The Bookstore will buy back any books being used in a Bowdoin class the following term at 50% of the list price. Or, you can also resell your book online (i.e. through Amazon).



# Technology & Computers

## Is buying a printer necessary?



Although some students do have their own printer, having one in your dorm room is less essential than having your own computer. There are many places on campus where students can print for free. In fact, it is possible to print from most of the 200+ computers available for student use on campus – some of these computers are even accessible 24 hours a day. These computers can be found in many different places including labs, classrooms, libraries and Smith Union. It is even possible, through the Bowdoin website, to print wirelessly using personal computers. By utilizing campus resources, you can save a significant amount of money. Simply visit the Information Technology website listed below.

Wireless printing via public printers:

<http://www.bowdoin.edu/it/how-to/printing/public-printer.shtml>

## How about buying an external drive?



If you are looking to back up items from your computer, it isn't necessary to buy an external drive. One great thing about being a Bowdoin student is that you can upload and save files (documents, music, etc.) on the school's communal microwave server for free. The only catch is that each student has a limited amount of space on the server. But, as long as you aren't trying to back-up your entire iTunes library, this server can be very useful.

To learn how to access Bowdoin's microwave server, go to:

<http://www.bowdoin.edu/it/network/researchdirmicrowave.shtml>.

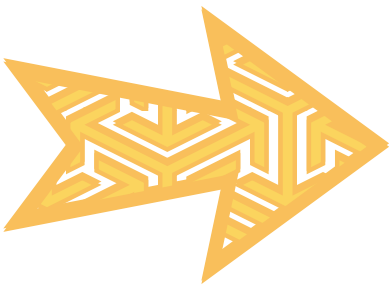
## Make use of IT.



Information Technology, more commonly known as IT, is located on the 2nd floor of Coles Tower. At no charge, IT helps students with computer problems or other “technical difficulties.” Also, before you purchase new computer software, such as Microsoft Office Suite, check to see if Bowdoin supports that program. If Bowdoin supports a program, IT may be able to provide you with the software for free – potentially saving you hundreds of dollars.

To find out which software Bowdoin offers, go to:

<http://www.bowdoin.edu/it/software/index.shtml>



# Campus Resources

## A Big Bang for Your Buck

### Craft Center

If you're into art, become a member of the Craft Center. The Craft Center, located next to Bowdoin Admissions, provides access to unlimited amounts of clay, glazes, pottery wheels, sewing machines, fused and stained glass equipment, and fabric remnants. The building is open 24/7. For \$25 a semester, you can visit the Craft Center as often as you'd like! Sign up to join at the Smith Union information desk.

### Outing Club

If you enjoy outdoor activities, join the Outing Club. The outing club is a great way to explore Maine's natural wonders while staying on a budget. For \$50 a year, you can sign out all types of outdoor gear and go on any excursions offered at no additional cost. Trips include biking, sea kayaking, hiking, canoeing, telemark skiing, and whitewater paddling. For additional information check out the outing club website: <http://www.bowdoin.edu/outing/index.shtml>.

### Fitness Classes (Spring 2010)

**Location: Buck Center Rm. 213** (all classes except Rowing, located on lower level of Buck Center)

If you enjoy exercising, visit the Peter Buck Center for Health and Fitness.  
Discounted Classes Offered:

Class	Day(s)	Times	Instructor
Intermediate Pilates	Monday & Thursday	11:30a - 12:30p	Kelly McCann-Sewall
Essential Pilates	Monday & Thursday	12:30p - 1:30p	Kelly McCann-Sewall
Power Pilates	Monday & Wednesday	4:30p - 5:30p	Kelly McCann-Sewall
Spin	Tuesday & Thursday	7:00a - 8:00a	Kim Finethy
	Tuesday & Thursday	4:30p - 5:30p	Kim Finethy
	Saturday	4:00p - 5:00p	Kim Finethy
Express Circuit	Tuesday & Friday	12:15p - 1:00p	Ida Messerman
Total Body Circuit	Friday	2:00p - 3:00p	Heather Roy
Cardio Kick & More	Tuesday	8:00p - 9:00p	Rosina Tenenbaum
Jazzercise	Monday	8:00p - 9:00p	Pam Justice
	Saturday	3:00p - 4:00p	Pam Justice
Core & More	Tuesday & Thursday	5:45p - 6:30p	Kim Fenethy
	Friday	1:15p - 2:00p	Heather Roy
	Saturday	5:15p - 6:00p	Kim Finethy
Zumba	Monday & Wednesday	5:45p - 6:30p	Isaura Sanders
	Friday	3:15p - 4:00p	Isaura Sanders
Rowing	Tuesday & Thursday	12:00p - 1:00p	Gil Birney

If your interests are not met by an existing club/group, look into possibly creating one. Contact the Bowdoin Student Government Vice President for Student Organizations.

BSG Student Organizations Website:  
[http://studorgs.bowdoin.edu/bsg/sooc\\_organizations.php](http://studorgs.bowdoin.edu/bsg/sooc_organizations.php)

# Cheap Entertainment

There are plenty of free and inexpensive things to do on campus and in Brunswick.

Here is a list of ways to have inexpensive fun.

Go to a movie at Regal Cinemas in Cooks Corner. BSG subsidizes movie tickets to make movie-going more affordable. Buy these reduced-cost movie tickets at the Information Desk in Smith Union. Evening Star Cinema offers student discounts as well.

Go to Bowdoin Film Society Screenings every Friday and Saturday evening in Smith Union or Sills Hall.

Watch an athletic event. There are various games and meets going on every week.

Rent snowshoes or cross-country skis from the Outing Club and go for an adventure on the trails behind Farley Field House.

Grab a cup of coffee or tea from the Café with friends.

Listen to an a capella, symphony or band concert.

Share ideas for programming and fun with Social Houses & Residential Life.

Work out in the Peter Buck Center, Farley Field House, or Greason Pool.

Go on an Outing Club trip.

Rent a movie from Bart & Greg's located in the Tontine Mall.

Go to Super-Snacks in Thorne.

Check out the latest exhibition at Bowdoin's Walker Art Museum.

Attend a Common Hour lecture.

Make an ice sculpture or a snowman.

Play a game of pool in Smith Union.

Take a walk down Maine Street.

Take the Bowdoin Shuttle or Brunswick Taxi to Freeport.

Utilize Zip Car vehicles for infrequent, local travel



# Food

## Inexpensive: (\$10 and under)

Having a price guide for eating out in Brunswick can be instrumental in helping you save money. Below is a list of local restaurants as well as their locations and estimated price ranges.

Big Top Deli  
sandwich shop  
70 Maine St.  
Brunswick, ME  
04011-2015  
(207) 721-8900

Brunswick Diner  
a local favorite  
101 Pleasant St  
Brunswick, ME  
04011-2206  
(207) 721-1134

Brunswick Farmers' Market  
local market. open on  
Brunswick Town Mall from  
May to Nov. (Tues. & Fri.)  
27 Main St  
Brunswick, ME 04008

China Rose  
Chinese buffet  
42 Bath Rd  
Brunswick, ME  
04011  
(207) 725-8813

Fat Boy Drive In  
fast food drive-in  
\*seasonal\*  
11 Bath Rd,  
Brunswick, ME  
04011  
(207) 729-9431

Gelato Fiasco  
gelato (Italian method of ice  
cream) shop that offers  
discounted prices during the  
winter!  
74 Maine St  
Brunswick, ME 04011  
(207) 607-4002

Little Dog Cafe  
coffee shop with  
free internet  
access  
87 Maine St  
Brunswick, ME  
(207) 721-9500

Morse Lobster  
Shack  
tiny seafood joint  
18 Bath Rd  
Brunswick, ME  
(207) 725-2886

Moderately Expensive:  
(\$10-\$15)

Bangkok Garden  
authentic Thai cuisine  
14 Maine St,  
Brunswick, ME 04011  
(207) 725-9708

The Great Impasta  
Italian food, gluten-free  
menu available  
42 Maine St  
Brunswick, ME  
04011-2016  
(207) 729-5858

MR's Grille & Tavern  
Casual fine dining,  
tavern downstairs  
features dancing, pool  
tables and darts  
94 Maine St  
Brunswick, ME  
04011-2013  
(207) 729-6574

Scarlet Begonias  
Italian cuisine  
212 Maine St  
Brunswick, ME  
04011-2047  
(207) 721-0403

Bombay Mahal  
Indian cuisine  
99 Maine St  
Brunswick, ME  
04011-2012  
(207) 729-5260

Joshua's Restaurant  
and Tavern  
American food  
123 Maine St  
Brunswick, ME  
04011-2009  
(207) 725-7981

Pedro O'Hara's  
Irish Pub and  
cantina serving  
Mexican food and  
drinks, as well as  
Irish dishes and  
beers  
1 Center St  
Brunswick, ME  
04011-1540  
(207) 373-1300

Sea Dogs  
American food,  
specializes in  
seafood  
1 Main St  
Topsham, ME  
04086-1240  
(207) 725-0162

El Camino  
Californian/Mexican  
food made local and  
organic  
15 Cushing St  
Brunswick, ME  
04011-1819  
(207) 725-8228

Richard's  
German dining  
115 Maine St  
Brunswick, ME  
04011-2012  
(207) 729-9673

Little Tokyo  
Restaurant  
Japanese cuisine  
72 Maine Street  
Brunswick, ME  
04011  
(207) 798-6888

Wild Oats Bakery and  
Cafe  
Phenomenal bakery  
with everything from  
homemade pizzas to  
salads to baked  
goods  
149 Maine St  
Brunswick, ME  
04011  
(207) 725-6287

## More Expensive: \$15-\$25

Bacari  
Italian bistro  
212 Maine St  
Brunswick, ME  
04011-2004  
(207) 725-2600

Henry and Marty's  
Lively and casual  
upscale American  
cuisine  
61 Maine Street  
Brunswick, ME  
(207) 721-9141

Clementine  
upscale American  
44 Maine St  
Brunswick, ME  
(207) 721-9800

Renaissance Bistro  
upscale American  
25 Mill St  
Brunswick, ME  
04011  
(207) 721-0412

Back Street Bistro  
upscale dining in a warm and casual  
atmosphere  
11 Town Hall Pl  
Brunswick, ME  
04011-2003  
(207) 725-4060

# Staying Healthy

If you are a current Bowdoin College student, regardless of your insurance plan, you may visit the Peter Buck Center for Health and Fitness (3rd Floor) free of charge.

Some of the services the Health Center provides include:

- ▶ vaccines (tetanus, pneumonia, and Varicella (chicken pox))
- ▶ laboratory testing & rapid strep testing
- ▶ allergy injections
- ▶ pregnancy testing
- ▶ travel clinic
- ▶ HIV/AIDS testing
- ▶ testing for sexually transmitted infections
- ▶ Women's Health Services
- ▶ contraceptives/emergency contraceptives
- ▶ nutritionist

Students can also drop by and pick up Self-Care Packets (which include over-the-counter medicines, lozenges and thermometers) and free condoms at The Peter Buck Center for Health and Fitness.

## Peter Buck Center for Health and Fitness Business Hours:

Monday-Friday: 8:30am - 5:00pm except  
Wednesday: 10:30am - 5:00pm  
Saturday and Sunday: 12-2pm for acute problems

To schedule an appointment call:  
(207) 725-3770

## Counseling Center Services are free for all Bowdoin students.

The Counseling Center is in the Herbert Ross Brown House on 32 College Street.

Counseling Service Business Hours:  
Monday-Friday from 8:30am - 5:00pm

To schedule an appointment call:  
(207) 725-3145

If you have an emergency, the center offers an Emergency Hour from 4:00-5:00pm, Monday through Friday.

Note that Emergency Hour is for situations requiring immediate attention. Although no appointment is necessary, call ahead if possible.

If you need to visit a local physician's office, Midcoast Hospital or Parkview Hospital, Bowdoin Security can take you at no additional cost. Call Security at (207) 725-3314.

# Transportation

The Bowdoin Shuttle is a convenient and safe transportation service. The Bowdoin Shuttle is free but runs like a cab service; call (207) 725-3337 and the dispatcher will send a van to pick you up at your current location. Every day, the Shuttle starts running at 6pm. It operates until 3am on the weekends and until 2am on weekdays. The Shuttle travels within a one-mile radius of the campus center, which includes downtown Brunswick and many off-campus student apartments. Therefore, keep in mind that if your destination is further than one mile away from Bowdoin, you'll have to find alternative transportation.

Location	Friday	Saturday
Old Port (Portland)	Departure - 5:00 PM, 9:00 PM Pickup - 9:35 PM, 1:30 AM(Sat.)	
Cooks Corner	Departure - 4:30 PM Pickup - 6:30 PM	
Freeport	Departure - 4:30 PM Pickup - 8:30 PM	Departure - 1:00 PM, 2:45 PM Pickup - 3:05 PM, 5:30 PM
Maine Mall (S. Portland)		Departure - 2:00 PM, 5:00 PM Pickup - 7:00 PM, 9:00 PM

If you cannot or do not want to bring your own car to school, you can become a member of Bowdoin's Zipcar program for \$35 a year.

Zipcar is cost-effective and environmentally friendly car sharing service. Bowdoin has three Zipcars, which are available for use 24/7. The cars are located in the Russworm Parking Lot and are easily accessible for all students. Members will be able to reserve any Zipcar (gas, maintenance, insurance, and reserved parking are all included in these rates).

To become a member and reserve a car, visit <http://www.zipcar.com/bowdoin>.

## Zipcar Rates for Students

Annual Fee: \$35  
Daily Rate: \$66 (weekday)  
\$72 (weekend)  
Hourly Rate: \$8 (weekday)  
\$9 (weekend)

Gas, insurance, and 180 free miles included with no extra charge.

If you need transportation to the Portland Jetport, sign up for the **BSG Airport Shuttle**. BSG coordinates with Brunswick Taxi to take Bowdoin students to the airport. A few weeks before any official college break, you will start receiving emails advertising the Shuttle Service. These emails will include directions on how to sign up for the Shuttle. If you sign up for the Shuttle Service, you will likely be taking the Shuttle with other students thereby splitting the cost among yourselves.

## Compare:

Shuttle = \$20.00 vs. Taxi = \$65.00

Note: The BSG Airport Shuttle is only organized to take students to the airport from Bowdoin. To save money on your way back to campus, call Brunswick Taxi at (207) 729-3688 and tell them your flight number. They will work to place you with other Bowdoin students also needing rides back to campus.

If you need transportation to nearby cities or to the Boston Logan Airport, buses are a very cheap way to travel. Concord Trailways and Greyhound Lines are two reliable services. Check online for complete bus schedules.

Concord Trailways:

<http://www.concordtrailways.com/schedules-a-fares.html>.

Greyhound Lines:

<http://www.greyhound.com>.

However, before you buy a bus ticket or sign up for the Shuttle, the first thing you should do is to ask around about rides and check for posts about rides on the **Student Digest**. Often you'll know someone, or your friend will know someone, who's going where you're going. Although buses and the Bowdoin Shuttle are great options, carpooling is usually more convenient and cheaper. A great resource for rides is Rideboard. Rideboard is a resource limited to members of the Bowdoin community. Access requires your Bowdoin "Log- in" information. Through Rideboard, users can offer or request a ride for free!

Rideboard Website: <http://www.bowdoin.edu/hitch>.

# Bargain Hunting

## in and out of Brunswick

Bowdoin Classifieds is on the Bowdoin website and contains for-sale ads posted by local Brunswick residents, students and faculty. There are often ads for old furniture, TVs, and other items at bargain prices. Check the Bowdoin Classifieds at <http://www.bowdoin.edu/news/classifieds/>.

### Bowdoin Classifieds

Estilo is a consignment shop full of affordably priced, new and used, clothing and accessories for women. It's located on Pleasant St.

### Estilo

Freeport is a great shopping area. The village has over 200 outlets and the stores often have huge sales. The deals in Freeport are well worth the 15-20 minute drive from campus.

### Freeport

Play It Again Sports is a sporting goods store. It is on Maine St. and offers both new and used sports equipment and fitness gear.

### Play It Again Sports

Salvation Army is located on Pleasant St. and has great deals on clothes, furniture and other random items. Salvation Army is a great place to shop for Halloween costumes or fantastic outfits for themed parties. All items are half price on Wednesdays!

### Salvation Army

Second Hand Rose Thrift Shop is on Maine St. and offers a great selection of second-hand clothes at low prices.

### Second Hand Rose Thrift Shop

# Good Things To Know About

Many students whose homes are far from Bowdoin find **storage facilities** very useful. There are a few storage facilities in the area, so compare prices to see which location is currently offering the best deal. Also, you can cut the cost by sharing the storage space with a friend.

If you're a frequent skier, it's highly economical to buy a **season ski pass** – and if you decide to buy a pass, do so early. As soon as you start to see Student Digest posts and posters advertising student passes to Sunday River or Sugarloaf, think about buying your pass. The pass prices increase over time; so the longer you wait the more you will pay.

Watch out for and avoid **extra charges**. Some examples:

- Take care of your ID card; if you lose or damage your ID card, it'll cost you \$15 to get a new one.
- If you get locked out of your room, try calling your roommate or a proctor in your building before calling security; if security has to come to let you into your room, they'll add a \$15 charge to your student bill.
- Take care of Bowdoin property; if you damage your room and/or its components, you will be charged. Make sure that your room is clean in order to avoid any unnecessary charges.

Bowdoin's **Host Family Program** is a great opportunity for students new to college life and for international students new to American culture. Bowdoin matches students, who chose to participate in this program, with local Brunswick families. This is a very nice connection for students; Brunswick residents often provide students with many comforts, such as a home cooked meal, advice or simply an escape from the stresses of school.

To learn more about the program, visit  
<http://www.bowdoin.edu/studentaffairs/hostfamily/index.shtml>.



# Unexpected Financial Emergency

Should you run into an unexpected financial emergency, contact the Director of Student Aid or the Office of the Dean of Student Affairs. There are a few funds that have been established to help Bowdoin students deal with unexpected financial problems.

These funds are provided as grants and as short-term, no interest loans. Do not hesitate to ask for assistance; this money is there to help you. However, be mindful of the fact that the amount of money available is modest and that funding will only be available to those students who demonstrate the greatest financial need.

Financial emergencies can include the following:

- Uninsured medical treatment
- Emergency dental care (excluding preventative care and cosmetic improvements such as braces or retainers)
- Unplanned trips home due to an illness or family death.
- Unforeseen costs associated with participating in campus organizations or clubs
- Paying for books
- Loss of eyeglasses/contact lenses

Students who need help paying the cost of LSAT, GRE or MCAT prep courses should contact Bowdoin's Career Planning Center. They may be able to assist you.

Students with financial concerns regarding the cost of athletic activities, such as competitions or break trips, frequently work with their coaches to meet their need through fundraising. Fundraising can be done by either an individual or by the whole team (consistent with College policies). However, students with significant hardship and/or expenses may be able to tap into these special funds in order to defray the costs of such activities. You should discuss this possibility with your coach.



## Your Bowdoin Student Government Executive Team

Please do not hesitate to contact any of us.

We are here to be of service to you.

President

Michael Dooley

Vice President for BSG Affairs

Anirudh Sreekrishnan

Vice President for Student Affairs

Addison Boyland

Vice President for Academic Affairs

Bryce Spalding

Vice President for Student Organizations

Branden Asemah

Vice President for Facilities

Isa Abney

Treasurer

Kyle Dempsey



