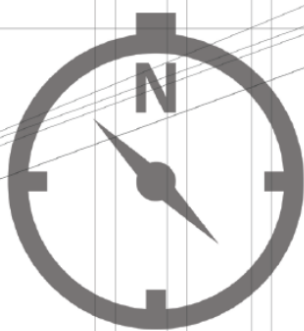


Welcome to Yale

the

compass



**A Guide to Graduate School at Yale,
From the Graduate Student Assembly**

Dear new member of our community,

A very warm welcome to Yale University! We are excited to see you become a part of our community of scholars. The next few weeks and months mark a thrilling period of transition and fresh starts as you settle into life here in New Haven. I urge you to fully utilize the plethora of resources at your disposal during this time from your peers within your program or department, to fellow first-year students, and the array of centers, offices, and organizations located on campus. As you'll soon discover, the Yale community is a dynamic blend of professors, administrators, postdocs, students, and staff, all dedicated to fostering an environment where knowledge and learning thrive.

Wondering how to go about the university? We have a Guide to Graduate School at Yale. The representatives of the Graduate Student Assembly (GSA) maintain a guide to graduate school at Yale called “The Compass” (gsa.yale.edu/compass). We made this document to aid you not only in this transition to graduate school life, but also in your ongoing journey as a person living in New Haven. It provides invaluable insights ranging from shuttle routes to local hangouts, and from tax-related resources to addressing financial inquiries, along with guidance on where to turn should you encounter any challenges.

As you embark on your Yale and New Haven adventure, take a moment to acquaint yourself with your surroundings - meet fellow graduate students from different departments and schools, explore Yale's museums, and take a walk around campus to appreciate the architecture. Keep this website within easy reach, and remember, the GSA is here to assist you, whether you have queries, concerns, or simply wish to familiarize yourself with your department's representative(s) within our organization.

What is the Graduate Student Assembly? The GSA is a democratically elected body representing graduate students in all departments of the Graduate School of Arts and Sciences (GSAS). We listen to graduate students and advocate at the departmental, graduate school (GSAS), and university-wide levels on various issues including health care, housing, transportation, academic and career resources, and questions of diversity, equity, and inclusion.

If you would like to get involved, every Spring, new GSA departmental representatives are elected. If your department is currently underrepresented, early in the fall semester you will receive an email asking if you would like to nominate yourself and run for departmental representative. Additionally, all graduate students are welcome at the GSA General Assembly Meetings, which happen once every two weeks. Members of the Yale Administration are often

invited to speak on topics of interest to graduate students, and dinner is provided. The meeting schedule can be found on the GSA website, gsa.yale.edu. If you are interested in attending a meeting, contact gsa@yale.edu or your departmental representative.

Yale Grad Students (i.e., workers) are now unionized. What does this mean? Last academic year, graduate workers voted to unionize in a National Labor Relations Board (NLRB) election by a 91% margin. Local 33 is the union of graduate workers at Yale. The next step is for the elected bargaining committee to negotiate our first union contract. Local 33 and Yale's bargaining committees have a good working relationship and are proceeding steadily, and meeting weekly to discuss different aspects of the contract to build into the tentative agreement. This process will continue until a complete contract agreeable to both parties is finalized. The union welcomes feedback, opinions, and support from its members during this time, so do not hesitate to reach out or get involved! Union membership follows the NLRB voting unit definition, which, in short, means that members include teachers and most researchers of the graduate school (GSAS); and teachers of the professional schools. If you want to know what this means for you, contact a union organizer or 33@yaleunions.org.

Starting graduate school in a new and strange environment can be daunting, and we hope that this document can provide you with some helpful information. If you ever have any questions about anything, do not hesitate to reach out to the members of your department or anyone in the GSA! We would all be more than happy to help you.

Warm regards and welcome again to Yale,

Christopher Lindsay,

on behalf of the Yale Graduate Student Assembly, gsa.yale.edu

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Life at Yale

New Arrival Checklist

Things to Do in Your First Semester

The following is a list of the top priorities you should aim to accomplish in the first few weeks at Yale.

- ☐ **Set up direct deposit for your stipend.** Direct deposit is the easiest way to receive your stipend payments. To set up direct deposit, visit Yale Hub (visit: [Instructions for Direct Deposit](#)). In Workday, you can select “Payment Elections” to input bank information for direct deposit of your stipend. See [page 68](#) for local banks.
- ☐ **Register for dental and/or eye coverage (Optional).** Navigating the Yale Health Plan can be complicated at times; dental and eye coverage are not part of the Yale Health Plan. The registration window is fixed and instructions to register for dental and eye coverage will be emailed to you before the start of the Fall Semester.
- ☐ **Get your Yale Health Plan card.** Make sure you get your Yale Health Plan insurance card as soon as you can, as it is required for care within Yale and outside of Yale Health, see [page 37](#) for further instructions.
- ☐ **Figure out your tax situation.** Taxes are not automatically deducted from stipend checks. Budgeting is a difficult but important task. In some cases, international students must pay taxes as well, see [page 25](#) and <https://oiss.yale.edu/employment-taxes/us-taxes> for more information.

- **Enroll your spouse/family in the health plan.** Students may enroll their spouse or civil union partner and legally dependent children in one of two dependent plans: the Two-Person Plan or the Student Family Plan. To find out more, visit: yalehealth.yale.edu/coverage/student-coverage
- **Register for MyChart.** MyChart is an online resource to help you stay connected to Yale Health. You can get in touch with your clinician, schedule appointments, and see test results. See [page 37](#) and mychart.yn-hhs.org for more information.
- **Register your car in Connecticut.** If you brought a car with you, you should know that Connecticut requires you to register within 60 days and transfer your license within 30 days. Additionally, parking in certain areas requires a permit. (see [page 60](#))
- **Familiarize yourself with the Yale Shuttle.** The Yale Shuttle services are a free method of transport available to all Yale students and affiliates. (see your.yale.edu/work-yale/campus-services/yale-transit/shuttle for more information. A live map of the Yale shuttles can be found at yale.downtownerapp.com/routes.
- **Text YALESAFE to 444-999.** To receive a contact card for your phone containing important university numbers.
- **Download the apps in the Technology Section** From shuttle information to VPN access, there's an app for that. (see [page 4](#))

Technology @ Yale

Technology is a huge part of life at Yale. From free software to free IT support, you are never on your own here. The following information should get you started on your way to technological comfort on and off campus.

Yale IT: Whenever you are in doubt, the first line of support is the IT at Yale website. There you can find information on reporting a problem and a 24 hour service line (203) 432-9000. For more information, visit: yale.service-now.com/it

Walk-In Centers: For problems with hardware and software that you just cannot seem to solve on your own or over the phone, Yale provides three walk-in centers for students that are free of all service charges. In the event of a hardware replacement, you will only be asked to pay for parts and shipping. For a map of locations, visit: its.yale.edu/walk-centers

On-Campus access: Access to all Yale services while on campus is available through the Yale Secure wifi network. Use your NetID and Password to connect your phone and computer.

Off-Campus access: For access to Yale services from off campus, it is necessary to login to the VPN provided through the Cisco-Anyconnect Client which can be downloaded by visiting: access.yale.edu/. For more information on how to set up and use the VPN, see the VPN section on [page 6](#).

Apps

- **Xfinity Stream and Max**



Available on the computer and on phones. You can log into Xfinity using “Xfinity on campus”, then sign in to Max using Xfinity on campus as your “provider” for the login. Max is available for free with a Yale email.

- **VPN Cisco Anyconnect**



Available on the computer and on phones. Securely access restricted services and resources on the Yale University networks when off campus.

- **Duo Mobile**



Available on phones. Two Factor Authentication: Required to access internal Yale sites when off campus.

- **Transit**



Available on phones. Plan bus routes, track buses in real time, and purchase bus tickets.

- **LiveSafe**



Available on phones. Summon help with one click, live chat with safety officials, and temporarily provide your location to friends and family until you safely reach your destination.

- **Downtowner**



Available on the computer, visit: yale.downtownerapp.com/routes. Shows live route updates, GPS locations, and arrival estimates for Yale Shuttles. Note that there are no visible bus stop signs at stops. You may need to

wave a bus driver down.

- **Yale Connect**



Available on phones. Stay connected to organizations on campus wherever you are with the Yale Connect app.

- **Snackpass**



Available on phones. Discounts and promotional codes for local restaurants make dining in New Haven more affordable and fun. Some restaurants have group discounts! Fun fact, the app was started by a Yale undergrad!

- **See.Click.Fix**



Available on phones. New Haven community engagement app, which enables easy reporting of civic issues, from potholes to downed trees.

- **GoNewHaven**



Available on phones. New Haven parking app (pay for street parking).

- **Yale Campus Recreation**



Available on phones. Online member portal to view your membership and locker information, check in to the gym, reserve courts, enroll in group fitness programs, receive hours of operation updates, and more.

- **Yale Canvas**



Available on computer and on phones. Keep up to date with your classes, submit your assignments, and grade your students' assignments (on the Canvas for Teachers app.)

VPN

Yale VPN (Virtual Private Network) is a way to securely access Yale's restricted services and resources on the University or Yale-New Haven Hospital (Y-NHH) network from a non-Yale internet source. VPN is also required for remote access to on-campus workstations - via Remote Desktop Protocol (RDP). While VPN provides excellent network security, it should only be used from an appropriately secured computing device.

To access the VPN:

Connect via the website access.yale.edu with your NetID and password.

OR

1. Download and install the Cisco Anyconnect Client from the Yale Software Library (visit: software.yale.edu, or see page 12)
2. Load the client and enter the address, access.yale.edu
3. When prompted, login with your NetID and password.
4. Select your preferred choice of multifactor authentication.
5. Access any Yale secured site or server as if on campus.

Useful Websites

Yale Software Library: For a range of available software including free student versions of Microsoft Office, Cisco Anyconnect, and Endnote, visit: software.yale.edu.

IT at Yale: Incoming Students: A guide to technology and computing for new students at Yale provided by the IT office can be found on their

website. visit: studenttechnology.yale.edu/new-students.

Yale Graduate Student Assembly (GSA): For a list of representatives, information on GSA actions, a searchable PDF version of The Compass, and more, visit: gsa.yale.edu.

Facebook Pages/Groups worth liking

- Yale Off-Campus Community
- Yale Off-Campus Housing
- Yale Graduate Student Assembly (GSA)
- Yale Spouses & Partners of Grad & Prof Students Yale Grad Student Families and Children
- Free & For Sale
- New Haven Events and Happenings
- Buy Nothing New Haven

Interesting Instagram Feeds

- @yale - Yale University
- @yalegsas - Yale Graduate School
- @handsomedanyale - Yale's Mascot, Handsome Dan XIX
- @gryphonspub - Yale Graduate Student Pub

Yale Jargon

Like all communities, Yale has come up with its own short-hand. Before you find yourself lost in a conversation about sharing a Mory's Cup after The Game, check out this list of popular Yale slang.

Apizza [pronounced *a-beetz*]: The original, New Haven-style pizza: an extra thin, coal charred crust topped with fresh tomato sauce. Don't forget to add mozz; cheese is a topping in New Haven! Visit the "Trinity," Pepe's, Sally's, and Modern for the true New Haven Experience.

Mozz [pronounced *mūtz*]: Mozzarella cheese is not guaranteed on pizza in New Haven, so don't forget to ask for it.

The Game: The annual Harvard-Yale Football game. The Game takes place every fall on the weekend before Thanksgiving, during the November Recess. Harvard and Yale take turns hosting, and Yalies will travel by the busload to Cambridge to watch (and tailgate) The Game.

Gryphon's Pub: Yale's Best and Only Bar for/of/by Graduate and Professional Students. You can pay a small fee up-front (\$25/yr) to gain a year's pass to the Gryphon, or you can elect to pay a cover each time you go.

Mory's Cup: A very large drink served in a large, silver trophy cup, available at Mory's on York Street. Cups are ordered by drink color, and are almost always alcoholic.

GSAS - Graduate School of Arts and Sciences: The Graduate School of Arts and Sciences. If you are reading this, you are most likely a student enrolled in GSAS. Not to be confused with G&P, which is GSAS

plus the Professional Schools.

GSA - Graduate Student Assembly: The GSA is elected by the graduate student body, and every department in GSAS has at least one representative. The GSA identifies the needs and concerns of graduate students, and then works with the administration to address them. The GSA is also the writer, editor, and publisher of The Compass (the guide you are currently reading)! To learn about how to get involved, see the introductory letter on [page i](#).

DGS - Director of Graduate Studies: The DGS is a vital part of every department, overseeing graduate student curriculum and serving as a resource for any department-related concerns you may have. Your DGS will approve your course schedules, coordinate your teaching assignments, and help make sure your route from matriculation to graduation is as smooth as possible.

Local 33 - Graduate student Union: Local 33 is a campaign organized and led by student workers, currently focused on negotiating for things like higher pay and improved healthcare. Depending on the nature of your program, you may not be covered by the union during your first year as a graduate student. See [page 15](#).

CTF - Conference Travel Fund: Offered by the GSA, the CTF is a resource available for graduate students traveling to a conference for the purpose of presenting original work. Awards vary, with the maximum amount being \$800. Don't forget to apply, see gsa.yale.edu/ctf!

Yale Hub: From accessing any e-bills, to registering for classes, to up-

dating your emergency contact information, most anything you need to do can be done through Yale Hub, yub.yale.edu.

OCS - Office of Career Strategy: For those who are curious about non-academic career options available to someone with an advanced degree from Yale, OCS is a terrific resource. OCS offers walk-in sessions, workshops, and meetings by appointment, and is a balanced alternative to your departmental resources that often tend to focus more on the academic job market. See ocs.yale.edu.

SAS - Student Accessibility Services: SAS determines reasonable accommodations for all students with disabilities, and works collaboratively with Yale faculty, staff, and students to provide accessible and equitable educational access. See sas.yale.edu.

OGSDD - Office for Graduate Student Development and Diversity: The Office for Graduate Student Development and Diversity, formerly known as the Office for Diversity and Equal Opportunity, was established in September 2000. They work collaboratively and proactively with departments and programs to recruit and support the needs of diverse students as they pursue graduate study at Yale. See gsas.yale.edu/diversity/office-graduate-student-development-diversity-ogsdd.

OISS - Office of International Students and Scholars: OISS is the office for any and all international student specific questions. From visa paperwork to programming to meet and interact with other international students, this office is a hub of information. See oiss.yale.edu.

G&P - Graduate and Professional Schools

G&P Student Senate: The GPSS represents students from all the graduate and professional schools at Yale 13 in all. The Senate works on broad issues that affect the entire graduate and professional student community at Yale, in particular focusing on ways to bring students across all schools together both to work and to socialize. They also provide funding for student groups and activities that are G&P inclusive. See gpsenate.yale.edu.

PI - Principal Investigator: Students in the sciences almost always have a PI, or a professor in whose lab they work or to whom they report. The PI is generally that person's primary advisor.

Package Store: Liquor Store

Community Life

We've all come here to learn and study in our chosen fields, but we are also here to engage with the community around us at Yale and in New Haven more broadly. Through student and local organizations, there are ample opportunities to be active in our communities.

Graduate School Organizations

Please note that new student groups are added every year. If you are interested in starting your own group, visit: gsas.yale.edu/resources-students/graduate-student-organizations to find out more about the process. Information about these groups and more can also be found on the Yale Connect app and website.

- Association of Chinese Students and Scholars at Yale Association of Romanian Students and Scholars at Yale
- Black Graduate Network (BGN)
- Black Students for YPD Disarmament
- Career Networks for Science Students and Postdocs at Yale (CNSPY)
- Christians on Campus
- (The) Citations (a cappella group)
- Contour (a cappella group)
- Distilled: A Science Advocacy Publication
- Equity Research and Innovation Center (ERIC)
- First Generation and Low Income @ Yale (FGLI)
- Fossil Free Yale
- (Yale) German Graduate Student Association
- Graduate Crew, Yale
- Graduate Musicians Collective

- Graduate Rugby Football Club, Yale (Men's and Women's)
- Graduate Society of Women Engineers (GradSWE) (Yale) Graduate Student Christian Fellowship
- (Yale) Graduate Student Consulting Club
- Graduate Student Curling Club at Yale
- Graduate Musicians Collective
- Graduate Student Assembly
- Graduate Student Tennis Club
- Graduate Student Triathletes
- Graduate Students of Color Coalition
- Graduate Visual Artists Society
- Indigenous Graduate Network
- Italian Society of Yale Students and Affiliates
- Graduate Student Folk Dancing Club
- Japanese Association of Students and Scholars
- Jewish Graduate and Professionals (JGAP)
- Justice Collaboratory
- Korean Graduate Student Association at Yale
- (Yale) League of Black Scientists (YLBS)
- Many Mentors - Yale Graduate Student Chapter
- Mexican Student Organization
- Nepali Association of Yale Affiliates
- Neuroscience Outreach Group
- Out in Science, Technology, Engineering and Math (oSTEM) Palimpsest: The Graduate Literary and Arts Magazine
- The Graduate Community Journal at Yale
- Peruvian Association of Students and Scholars at Yale
- Society for the Advancement of Chicano/Hispanic and Native American in Science (SACNAS)
- Saint Thomas Moore Graduate Student Council
- South Asian Graduate and Professional Association Society for Women Engineers (SWE)
- STEM Mentors
- Swiss Students and Affiliates at Yale
- Yale BBS Diversity and Inclusion Collective (YBDIC)

- Yale Humanist Community
- (Yale) Journal of Biology and Medicine
- Yale Prison Education Initiative
- Yale Students Prison Divestment
- (Yale) Student Salsa Society
- (Yale) Science Diplomats
- (Yale) Students and Scholars for the Study of Transhumanism
- (Yale) Sustainable Food Program
- (Yale) Swing and Blues - graduate chapter
- (Yale) Tango Club
- Turkish Society of Yale Graduate Students and Scholars (TYGS) Women in Science at Yale (WISAY)
- World Calligraphy
- YANIS / Russian Club of Yale Students

New Haven Interest Groups and Volunteer Opportunities

- ANSWER Coalition-CT
- Arte Inc
- Casa Otonal Spanish Speaking Eldercare Community
- Christian Community Action
- Citywide Youth Coalition
- Columbus House
- Connecticut Bail Fund (CTBailFund)
- Connecticut Citizens Defense League (CCDL)
- Downtown Evening Soup Kitchen (DESK)
- Food in Service to the Homebound (FISH)
- HAVEN Free Clinic
- Integrated Refugee and Immigration Services (IRIS)
- National Abortion and Reproductive Rights Action League (NARAL)
- National Alliance on Mental Health-CT
- Neighborhood Housing Services of New Haven
- New Haven Climate Movement
- New Haven Legal Assistance Association

- New Haven Pride Center
- New Haven Rising
- New Haven Road Runners
- Pantry to Pantry (P2P)
- Planned Parenthood of Southern New England
- Sandy Hook Promise
- Sunrise Cafe New Haven
- Unidad Latina en Acción (ULA)
- Y2Y New Haven

McDougal Center for Graduate Student Life

The McDougal Center for Graduate Student Life provides programming to foster a vibrant graduate student community. In addition to hosting the annual Winter Ball, the McDougal Center hosts events in public service, family life, sports and recreation, health and wellness, for the international community, arts and culture, and various other social events throughout the year. On the first Friday of each month, they host ‘First Friday at Five’. Come with your own mug and receive free food and libations! For more on all that the Graduate Student Center has to offer, check out the McDougal website, found at gsas.yale.edu, and keep an eye out for their weekly email. And don’t forget to follow their Facebook and Yale Connect pages!

Local 33 (Union of Graduate Workers at Yale)

Yale Grad Students (i.e., workers) are now Unionized. Last academic year, graduate workers voted to unionize in a National Labor Relations Board (NLRB) election by a 91% margin. Local 33 is the union of graduate workers

at Yale, visit: local33.org. The next step is for the elected bargaining committee to negotiate our first union contract. Local 33's Bargaining Committee has been meeting with the university since March and has made significant progress in contract negotiations. They have secured several tentative agreements, including protections and support for international graduate workers; transparency around job appointments, expectations, and scheduling; academic freedom; and more!

What's next? Local 33 and Yale's bargaining committees have a good working relationship and are proceeding steadily. Both sides meet weekly to discuss different aspects of the contract to build into the tentative agreement. This process will continue until a complete contract agreeable to both parties is finalized. The union welcomes feedback, opinions, and support from its members during this time, so do not hesitate to reach out or get involved!

If you would like to take a look at the current tentative agreement or learn more about the process, please reach out to your department organizing committee or email 33@yaleunions.org.

Not all graduate students are covered by Local 33. Union membership follows the NLRB voting unit definition [found here](#). In simpler terms, members include teachers and researchers of the graduate school (GSAS); and teachers of the professional schools. If you want to know what this means for you, contact a union organizer or email 33@yaleunions.org.

OISS (Office of International Students and Scholars)

The OISS Regularly organizes events. The website, oiss.yale.edu/campus-community-life has pages with information on ways to find community at Yale and other resources specifically directed towards international students. There are also pages for students with spouses and/or children.

The New Haven Free Public Library

The New Haven Public Library system offers an array of services and community events for free with a library card, including streaming services, magazine digital subscriptions, lectures, movie nights, and tax help. Library cards can be attained with a photo ID and documentation of current New Haven address. For more information and branch locations, visit: nhfpl.org

The Bulldog Challenge

50 things we think you should do before graduation. We're still working out exactly where this distinguished achievement goes on our CVs, but when we figure it out, we'll be sure to let you know!

- ☐ See a play at the Yale Repertory
- ☐ Check out a show at the Yale Cabaret
- ☐ Visit the Yale University Art Gallery
- ☐ Visit the Yale Center for British Art
- ☐ Check out the brains at the Cushing Center
- ☐ Visit the Yale Peabody Museum
- ☐ Visit the Yale Collection of Musical instruments
- ☐ Watch the sunset from inside the Beinecke Library
- ☐ Attend a McDougal-sponsored event
- ☐ Visit all fourteen residential colleges
- ☐ Pet Handsome Dan
- ☐ Shake hands with President Salovey
- ☐ Get free ice cream at the Chaplain's Office
- ☐ Go to at least one lecture on a topic you know nothing about
- ☐ Spend a day at the Yale Outdoor Center
- ☐ Sled down Divinity Hill in the snow
- ☐ Attend Spring Fling
- ☐ Put on your best and attend the Winter Ball
- ☐ Dine with a student from another discipline
- ☐ Watch a tennis match at the Connecticut Open
- ☐ Attend a Harvard-Yale football game
- ☐ Watch the Harvard-Yale Regatta
- ☐ Watch a Yale Hockey game at the Whale
- ☐ Enjoy a night out at Gryphon's
- ☐ Share a Mory's Cup with friends
- ☐ Vote in a GSA election
- ☐ Attend a GSA meeting

- ☐ Attend a Public Night at the Leitner Observatory and Planetarium
- ☐ Attend a concert at the College Street Music Hall
- ☐ Attend an Edgerton Park Summer Shakespeare performance
- ☐ Attend the International Festival of Arts and Ideas
- ☐ Watch the Fourth of July fireworks at East Rock Park
- ☐ Check out a midnight movie at Criterion Cinemas
- ☐ Check out the CitySeed Farmers' Market in Wooster Square
- ☐ Explore the Marsh Botanical Gardens
- ☐ Go on a tour of Grove Street Cemetery
- ☐ Check out the Cherry Blossom Festival in Wooster Square
- ☐ Hike up East Rock
- ☐ Bike the Farmington Canal Trail
- ☐ Go to the Yale Symphony Orchestra Halloween concert
- ☐ Volunteer at a New Haven non-profit
- ☐ Tour the crypts beneath the Center Church on the Green
- ☐ Have lunch at the food carts
- ☐ Survive one week on free food
- ☐ Eat at the Yale Commons
- ☐ Try the famous New Haven pizza places and pick your favorite
- ☐ Grab a post-midnight bite at Mamoun's
- ☐ Have a hamburger at Louis' Lunch: don't ask for condiments!
- ☐ Make the pilgrimage to Food Truck Paradise at Long Wharf
- ☐ Take a Nap in the Good Life Center

Academic Advising

Advising and Mentorship

Your relationship with your advisor is one of the most important relationships of your graduate education, and potentially of your career. You should start thinking now about what you want your relationship with your advisor to look like and how you can achieve that. Make sure you have a conversation with your advisor to get a feeling for their style and establish expectations such as how often you will meet and how often you will provide updates. Should you find yourself having an issue with your student-advisor relationship, Yale has the following resources available to provide advice and support.

GSAS Advising And Mentoring Webpage: The graduate school has resources on their website such as published recommendations for best practices regarding the student-advisor relationship, which can be found on the GSA website in the [Guide to Advising Processes for Faculty and Students](#). These guidelines can be a great place to start as you work to develop and maintain a successful relationship with your advisor. They also provide sample mentoring agreements and conversation guides for students.

Department Advising Handbook: Each Department in GSAS should have published online on webpages (or circulating as documents) a Graduate Student Handbook to specify expected Advising practices, key milestones

towards achieving your degree, and more.

Director of Graduate Studies: Each department has a DGS that can be a great resource for any department-specific or advising concerns you might be having. A list of DGSs by department can be found at gsas.yale.edu/dgs-registrar-directory

Office of Graduate Student Development and Diversity

gsas.yale.edu/diversity

Both the Associate Dean, Michelle Nearon, and the rest of the Office for Graduate Student Development and Diversity realize the importance of promoting positive student-advisor relationships as a way of supporting and retaining all students in GSAS. If your program is located in a professional school, there are additional resources within your school just for you!

Academic Deans: At the Graduate Student Level, all of the following are trained Deputy Title IX and Discrimination and Harassment Resource Coordinators, but they each have their specialties.

- **Suzanne Young:** Assistant Dean for Graduate Student Professional Development. “Suzanne will provide individualized coaching to students on navigating careers within and beyond the academy, as well as programming to build graduate students’ professional skills.”
- **Ksenia Sidorenko:** Our Assistant Dean of Diversity, recently joined from UC Berkeley as a grievance specialist in the Graduate Division. “Ksenia will support the OGSDD’s mission to recruit and retain a diverse graduate student body”
- **Michelle Nearon:** Sr. Associate Dean for Graduate Student Develop-

ment and Diversity. “she works closely with students, members of the faculty and administration, and the McDougal Center Offices, to proactively recruit, retain, and assist in the professional development of graduate students from diverse racial, ethnic, religious, socioeconomic, political, cultural, and lifestyle backgrounds.”

- **Matthew Tanico:** Assistant Dean for Graduate Academic Support and Outreach, “[oversees] student progress and academic support, including leaves of absence, parental relief, student registration, personal conduct, and academic integrity standards, and academic advising and mentoring”
- **Allegra di Bonaventura:** Associate Dean for Academic Support, “responsible for advising students on academic issues, professional development, and navigating disciplinary and grievance cases. In addition to managing external fellowships, she will provide emergency support to students in need, including administration of the Dean’s Emergency Fund”

Activities with a Faculty Mentor

After identifying potential faculty advisors, consider participating in one of the following programs, designed to give grad students opportunities to spend time with and learn from faculty mentors.

Meals for Mentoring

Visit: [this link!](#) For a full meal with a faculty mentor, the GSAS will provide meal tickets for use at several campus dining locations, including the residential dining halls. Students can request this service twice per term.

FEAST

Visit: [this link!](#) As a Teaching Fellow, you and your course supervisor can meet over lunch to discuss teaching issues through the FEAST program. Once a month, enjoy a meal at the Bulldog Cafe, the KBT Cafe, Café Med, or Kosher Kitchen at the Slifka Center.

Additional Mentorship Opportunities

Remember that not all of your mentoring in grad school needs to come from your advisor! All students have diverse mentorship needs. Those needs can be met by faculty both within and outside your department, by GSAS administrators, by postdocs, or even by fellow graduate students. Think about what mentorship needs you may have for your studies, career, and personal growth, and seek out the right people to support your growth at Yale. The following programs provide graduate students with alternative sources of mentorship.

4-Tiered Mentoring Program: This program, run by the OGSDD (Office for Graduate Student Development and Diversity), allows graduate students to receive mentorship from other graduate students, postdocs, or faculty members. Additionally, grad students can become a mentor for undergrads or fellow grad students.

Women in Science at Yale (WISAY) Mentoring Program

wisay.sites.yale.edu

WISAY matches women in science and engineering with women at more advanced stages of their career to receive advising, mentorship, and support. Grad students can choose to mentor an undergrad, receive mentorship from a postdoc, or both.

Academic and Administrative Life

We get it: you have more than enough on your plate without having to figure out the ins-and-outs of a whole new institution. To ease your transition, we've summarized all the “admin” stuff you might need along the way on the next few pages.

Poorvu Center For Teaching and Learning

poorvucenter.yale.edu/

The CTL, or the Center for Teaching and Learning, is the result of trying to create a more unified Yale. The new center consolidated the various teaching, tutoring, writing and technology-enabled learning programs distributed across the University. Most relevant for graduate students, the Yale Teaching Center and the Graduate Writing Lab are now housed under the CTL.

Office of Career Strategies

ocs.yale.edu/

Should you decide to explore career options outside of academia, the Office of Career Strategies is a great place to start. OCS offers drop-in hours, or you can schedule an appointment with a career counselor on their website.

Teaching Fellow Program

gsas.yale.edu/academic-requirements/teaching-fellows-requirements

Most graduate students will have contact with the Teaching Fellow program during their time at Yale. You can now search vacant TF positions and apply for them on the Graduate Student Teaching Opportunities website, a useful tool for those searching for a TF assignment during non-priority years.

Financial and Funding Opportunities

GSA Conference Travel Fellowship

gsa.yale.edu/ctf

Attending conferences is an expensive but necessary part of your graduate experience. The Conference Travel Fellowship can help offset that cost and provide funding for travel expenses to important conferences. This fellowship does not cover presentations on international topics in the humanities and social sciences (see the link above for more details).

MacMillan Conference Travel Fund

[gsas.yale.edu/resources-students/
finances-fellowships/conference-travel-funding](http://gsas.yale.edu/resources-students/finances-fellowships/conference-travel-funding)

The MacMillan Center provides conference travel grants for GSAS students in the humanities and the social sciences. The conference, workshop, or meeting can be in the United States or abroad, but the student must be on the program as a presenter, session chair, or discussant speaking on an international topic.

Dean's Fund for Student-Organized Symposia

Visit: [gsas.yale.edu/resources-students/
finances-fellowships/deans-colloquia-symposia-funds](http://gsas.yale.edu/resources-students/finances-fellowships/deans-colloquia-symposia-funds)

If you are planning a symposium for your field here at Yale, the Dean's Fund can provide a grant of up to \$1000. Applications must be received six months in advance.

Dean's Fund for Research Workshops, Seminars, and Colloquia

When planning a seminar series or research workshop, consider applying for a grant through the Dean's Fund. As long as there will be more than four meetings a term, your series may be eligible for up to \$500 a semester.

Student Grants and Fellowships

studentgrants.yale.edu

Additional funding opportunities can be found on the Student Grants and Fellowships website. Besides the database of grants, the website also has guidance for writing your applications and links to other grant resources.

Tax Information

tax.yale.edu

Taxes are confusing in grad school, especially as funding sources vary widely between students. Most stipends are considered taxable as that income is used for non-academic purposes such as room and board. For further information, you can go to the Grad and Professional Student Guide on the Yale Tax Office Website or see Topic 421 (Scholarships, Fellowship Grants, and Other Grants) on the IRS website.

Tax Facts

The GSA holds a session with a local accountant to help go through the tax filing process. Details announced in spring.

International Student Tax information

The Office of International Students and Scholars website is the best resource for international students on tax information. With their online guides, filing your taxes will become more straightforward.

The Office of International Students and Scholars website is the best resource for international students on tax information. With their online guides, filing your taxes will become more straightforward. Visit: oiss.yale.edu/employment-taxes/us-taxes

Dean's Emergency Fund

gsas.yale.edu/funding-aid/deans-emergency-fund

The Dean's Emergency fund is for GSAS students who face a one-time, unexpected financial hardship as well as regarding housing related legal issues. Up to \$2000 can be requested from the fund, and it does not need to be repaid. Additionally, up to \$3000 can be requested as hardship awards regarding medical leave.

Diversity and Inclusion Resources

Yale has resources available to anyone affected by any form of harassment or discrimination, as well as their friends, families, and loved ones. It does not matter what form of misconduct occurred, nor when it happened you have choices about what to do and how.

SHARE

sharecenter.yale.edu/

(Sexual Harassment and Assault Response and Education Center) SHARE is a 24/7 resource available to the community, for anyone “dealing with sexual misconduct of any kind, including sexual assault, sexual harassment, stalking, intimate partner violence, and more” located on the ground floor of 55 Lock St. Appointments are available in-person, on Zoom, or over the phone from 9-5 (M-F) during the semester (and from 9-3, M-F, during breaks). Additionally, the on-call service (203-432-2000) is available 24/7 for time-sensitive matters. All interactions are confidential and can be anonymous, and a formal complaint is not automatically filed if you contact SHARE.

SHARE counselors are trained professionals who assist students who are dealing with acute and recent experiences, as well as experiences from the past.

University-Wide Committee

uwc.yale.edu

Phone Number: 203-432-4449

The University-Wide Committee on Sexual Misconduct is the internal

disciplinary board designed to address allegations of sexual misconduct. It is available to students, faculty and staff across the university. The committee consists of approximately forty students, faculty, and administrative members drawn from throughout the University.

Reporting Harassment, Discrimination, and Misconduct

Yale is committed to creating an inclusive environment in which all students can feel respected, safe, and able to learn. To this end, there are a variety of resources available to provide support and guidance if you feel that you or others have experienced harassment or discrimination. You can use [this website](#) to help direct you to Yale's resources.

Dean's Designees

The Deans Designees are selected by the Dean of each school and are equipped to receive student concerns or complaints about issues of discrimination, harassment, diversity and inclusion, and equal opportunities. Dean's designees can offer support as well as advice about additional resources and reporting options that are available. For more information see, dhr.yale.edu/discrimination-and-harassment-resource-coordinators.

Deans' Designees for the Graduate School:

- Michelle Nearon- Senior Associate Dean for Graduate Student Development and Diversity (michelle.nearon@yale.edu, 203-436-1301)
- Ksenia Sidorenko- Assistant Dean for Diversity (ksenia.sidorenko@yale.edu)
- Matthew Tanico- Assistant Dean of Graduate Student Life (matthew.tanico@yale.edu)

- Suzanne Young- Assistant Dean for Graduate Student Professional Development (suzanne.young@yale.edu)

Title IX Coordinators

You can contact the University Title IX Coordinator, Stephanie Spangler at 203-432-4446 (during working hours) or email at titleix@yale.edu

Title IX coordinators are employees to whom students, faculty, and staff may go when they have questions or would like to make a report concerning issues of sexual misconduct and gender-based discrimination. The Deans' Designees also serve as Title IX Coordinator.

Office of Institutional Equity and Accessibility

oiea.yale.edu

The Office of Institutional Equity and Accessibility ensures Yale's compliance with policies and laws that relate to equal opportunities for students, faculty, and staff on campus. Any student with concerns related to affirmative action, equal opportunity, sexual harassment, racial harassment, or fairness in admissions or employment at Yale is encouraged to contact the Office for Equal Opportunity Programs.

LiveSafe App

Through the LiveSafe app, anonymous messages can be sent to the SHARE center or the Yale police. Additionally, confidential (but not anonymous) messages may be sent to the Office of Institutional Equity and Accessibility

Resources for International Students

If you are an international student, you are in good company more than 40% of GSAS students are international. The Yale community includes students coming from about 120 different countries ([more stats](#)).

OISS

oiss.yale.edu

The Office of International Students and Scholars (OISS) is the main reference point at Yale for anything related to visa, immigration issues, taxes, etc. You can reach out to the office via email, zoom appointments, virtual drop-in hours, and walk-in advising hours. Also, based on their department and/or affiliation, every international student is automatically assigned to a dedicated adviser you can find out who they are and how to contact them through oiss.yale.edu/about/connect-with-oiss.

The OISS sends out a weekly newsletter with important immigration updates, information on campus life, and reminders. If you don't receive the newsletter, please subscribe by following the instructions on [this page](#).

The OISS also hosts community-building events and information sessions for students, scholars, and families. [Keep an eye out!](#)

IMPORTANT TIPS: 1) Remember that “All international students and scholars have a federal tax filing requirement even if you do not have U.S. source income.” For tax-related issues, alongside OISS, Yale's International Tax Office is there to help you. “The International Tax office provides guidance and responds to questions concerning federal tax withholding and reporting of

payments made to individuals who are neither U.S. citizens nor U.S. permanent residents.” (see the link under ”International Student Tax Information” on [page 25](#))

25 Science Park, 150 Munson Street,

6th Floor New haven, CT 06511

Email: internationaltax@yale.edu

Phone: (203) 432-5530 Fax: (203) 432-5577

TIP 2) Employment opportunities for international students are strictly regulated according to the type of visa they have. To know more, check out oiss.yale.edu/employment-taxes/employment-for-international-students.

Health and Wellness

Health

When you are sick, the last thing you want to do is waste your time figuring out exactly how the Yale Health System works. Familiarizing yourself now will save you trouble later!

Yale Health (55 Lock Street) is the primary location for health care services for Yale Health members. You may be referred to affiliated providers or services through Yale New Haven Health System (YNHH, multiple locations). Coverage is dependent on multiple factors and can be discussed with your provider.

Yale Student Health

The Yale Student Health department is the best place to start if you are feeling unwell. Same-day appointments are often available, and most specialists on the Yale Health plan require a referral, which is most easily acquired by visiting Student Health. Call at 203-432-0312.

Yale Acute Care

If you fall ill suddenly and cannot make an appointment through Student Health, call Yale Acute Care. Acute Care is available for walk-in appointments 8am-10pm and there is nurse telephone triage anytime available at 203-432-0123. If your illness is urgent, it is safest to call 911.

Mental Health and Counseling

Yale Mental Health and Counseling provides a full range of free mental health services to Yale Students. Students can access individual therapy, group therapy, couples therapy, and medication management (psychiatry) by attending an intake evaluation at Mental Health and Counseling. To start the process of getting mental health care, call 203-432-0290 and request an intake evaluation. Intake evaluations are generally scheduled within one week.

The Mental Health and Counseling Department operates three offices in convenient locations throughout campus. They are located on the 3rd floor of 55 Lock Street, 205 Whitney Avenue, and 60 Temple Street. All of their locations are open Monday-Friday, 8:30AM-5:00PM.

For urgent or acute needs, Mental Health and Counseling has an on-call clinician available 24/7, 365 days/year. Students can speak to an on-call clinician via phone at 203-432-0290. During business hours, students can walk into the clinic at 55 Lock St (3rd Floor, Yale Health Center) to meet with an on-call clinician in person.

Some students are referred to work with therapists in the community. Magellan is the company that manages this service. If you are referred to Magellan after your intake evaluation, a member of the MHC staff will send you a message via MyChart (<https://yalehealth.yale.edu/making-appointment>) with further instructions. If you are having trouble getting connected, call 203-432-0290 and ask to speak to a Care Manager for support.

Mental Health and Counseling also offers a wide variety of therapy groups.

Groups are run during the Fall and Spring semesters, as well as over the summer. A listing of MHC groups can be found here (yalehealth.yale.edu/topic/group-therapy-offerings-2023-2024). If you are interested in participating in a group, let the clinician who is doing your intake evaluation know and they will provide a group referral.

GSAS Embedded Mental Health The Graduate School of Arts and Sciences has a dedicated mental health clinician located in the McDougal Graduate Student Center. Dr. Eva Wilson is a licensed counseling psychologist who provides confidential same-week drop-in appointments and groups exclusively for GSAS students. More information about GSAS Embedded Mental Health can be found here (gsas.yale.edu/gsas-embedded-mental-health-services). Appointments can be scheduled online using the QR code below or by going to [this link](#):



Yale Health Member ID Card

Your Yale Health member ID card won't be sent to you automatically. To get yours, visit yalehealth.yale.edu/coverage/student-coverage, click "Download your Yale Health Member ID Card" linked in the yellow Resources banner, and login with your netID and password. You will need this for all Yale Health appointments as well as emergency care outside of the YNHH system.

MyChart

MyChart is an essential way to be in touch with your clinicians, get test results online, and schedule appointments, but you have to sign up first. To register, visit: yalehealth.yale.edu/appointments/using-mychart. You can also download the MyChart app for mobile access.

Pharmacy

The Yale Health Pharmacy is the only pharmacy that will accept the Yale Health Plan. Prescriptions can either be dropped off in-person or called-in and picked up at a later date. You may also either wait for your prescription or come to pick it up at your convenience. More information about the Pharmacy and hours of operation can be found online at yalehealth.yale.edu/directory/departments/pharmacy-prescriptions. Call at 203-432-0033.

Chaplain's Office

The Chaplain's Office is open to students who prefer a faith-based counseling option. Visit chaplain.yale.edu or call 203-432-1128

Yale Health Coverage

Yale Health Center (yalehealth.yale.edu, Instagram: @yalehealthcenter) is located at 55 Lock Street. Yale Health Basic Coverage entitles all students to most services provided by the Yale Health Center, including physical exams, gynecological exams, pap smears, flu shots, and laboratory services. Yale Health Hospitalization/Speciality Care is additional coverage and may be covered by your program depending on your enrollment (refer to your program handbook or contact your DGS for further clarification). Per the Yale Health website:

“All eligible enrolled students attending Yale at least half time and working towards a Yale degree, receive many Yale Health services, including primary care. Students do not have to sign up or pay extra to obtain this coverage, Yale Health’s Basic Student Health Services. Your status as an eligible Yale University undergraduate, graduate, or professional student automatically makes you eligible for and enrolls you in Yale Health Basic Student Health Services. If you are eligible for Yale Health Basic Health Services, the university requires you to obtain additional coverage for hospitalization and specialty care; unless you waive Hospitalization/Specialty Care coverage you are automatically enrolled in and billed for that coverage as well.”

Yale Health Basic Coverage

- Student Health
- Athletic Medicine (for varsity athletes)
- Gynecology
- Acute Care

- Mental Health and Counseling
- Blood Draw
- Inpatient Care
- Nutrition

Yale Health Hospitalization Specialty Care Coverage

- Allergy
- Dermatology
- Diagnostic Imaging
- Ear, Nose and Throat
- Emergency Services
- Infectious Diseases
- Endocrinology
- Gastroenterology
- Hospital Services
- Neurology
- Obstetrics
- Oncology
- Ophthalmology
- Orthopedics
- Physical Therapy
- Urology

Note: Unless you waive your coverage, you are automatically enrolled in Hospitalization/Specialty Care Coverage. This means that almost all specialty care, such as dermatology, neurology, obstetrics, ophthalmology, and hospital services are covered. Prescription medications are covered through the Yale Pharmacy in a three-tiered copay system, with copays ranging from 10–45 for a 30-day supply. Hospitalization/ Specialty Care Coverage also includes free preventative immunizations provided by the Yale Health Center, as well as various options for free contraceptives via the Yale Health Pharmacy. There is a \$200 fee associated with admission to the hospital.

Yale requires all half-time or greater students to have hospitalization and specialty care coverage (all students are automatically covered by Yale Health Basic). If you do not want to subscribe to Yale's Hospitalization/Specialty Care Coverage, you may purchase other coverage on your own, or have coverage by being a dependent on someone else's plan. Information about family coverage under Yale health can be found under Family Life on [page 41](#) and on the Yale Health website. If you use outside coverage, you will not be able to fill prescriptions at the Yale Pharmacy. For students who live or travel within the United States but outside of the Yale service area, the Travel Rider is offered as a supplement to Yale Health Hospitalization/ Specialty Care and provides coverage for non-emergent illness and chronic care only. For more information, visit: yalehealth.yale.edu

Eye Care and Dental Coverage

Eye and Dental care are separate and not a part of Yale Health Coverage. For more information about coverage, visit: gradprofdenteye.yale.edu/

Disability Services

- Yale Student Accessibility Services- sas.yale.edu/
- Yale Center for Dyslexia and Creativity- dyslexia.yale.edu/
- Yale Office of Equal Opportunity- oiea.yale.edu/
- Yale Special Services Transportation Requests- to.yale.edu/special-services-0
- New Haven Disability Services-

newhavenct.gov/government/departments-divisions/disability-services

- Connecticut State Office of Protection and Advocacy for Persons with Disabilities- disrightsct.org

LGBTQ+ Resources

The Yale Office of LGBTQ Resources

Offers a wide array of resources for queer and trans Yalies, including mentorship opportunities, LGBTQ specific fellowships, resources for transitioning, medical resources, a map of gender neutral restrooms, and a long list of on campus LGBTQ organizations, such as Out in STEM (oSTEM) and QPOC Coalition. You can also check out Yale Connect for a list of LGBTQ student organizations at Yale. Join the Queer.Grads listserv at lgbtq.yale.edu/resources/queer-grads-mailing-list

- New Haven LGBTQ+ Youth Task Force New Haven Pride Center- www.newhavenpridecenter.org
- Office of LGBTQ resources- lgbtq.yale.edu/students
- LGBTQ services at Yale Health- yalehealth.yale.edu/more/lgbtq-health

New Haven Gay Bars

- Partners (365 Crown St)
- 168 York Street Cafe (168 York St)

New Haven celebrates Pride every year in September!

Family Life

Health Care: As long as you are enrolled half-time or more at Yale, you may purchase coverage for your spouse or civil union partner through Yale at half-cost. If you have children, your entire family plan cost will be covered. Detailed information on student coverage and rates for 2023-2024 can be found at yalehealth.yale.edu/student-rates-2023-2024.

Parental Relief Student parents enrolled in a Yale PhD program are entitled to 8-16 weeks of academic relief and paid support for birth or adoption. Visit gsas.yale.edu/office-directory to find the appropriate dean to contact.

Yale Student Affiliate ID Card Legally married spouses and civil union partners of Yale students may get Yale Student Affiliate ID Cards, which grant discounts at the Yale Rep, free admission to the Peabody Museum, library privileges, and access (for a fee) to Yale athletic facilities and fitness classes. To get a Yale Student Affiliate ID Card, you and your spouse or partner must appear together, with the student's Yale ID, government ID, and a copy of your marriage license or civil union, at the University Registrar. Domestic partners are not entitled to an Affiliate ID card.

Family Programming at the McDougal Center The McDougal Center for Graduate Student Life offers a variety of programming for those with families. Family Life Fellows organize events each month for families, and publish an email listing kid-friendly activities.

Spousal Classes/Employment Spouses and civil union partners of Yale students are entitled to audit or sit in on courses in both Yale College and

the Graduate School for no fee. Additionally, Yale Human Resources offers a variety of options for Yale spouses and partners. In addition to STARS (Yale University's Online Hiring and Recruitment System), McDougal Graduate Student Life and Yale HR co-host informational sessions on finding employment for spouses and partners of new graduate students.

Yale Babysitting Service The Yale Babysitting Service is an online forum where Yale-affiliated parents (students, faculty, post-docs, and staff) can post childcare jobs (regular and sporadic) that Yale students who register for the site can respond to. To sign up, visit: babysitting.ys.yale.edu

Other Resources

Crisis Resources:

For urgent situations call Mental Health and Counseling at 203-432-0920 (business days, 8am-5pm). During non-business hours, call Acute Care at 203-432-0123 and ask for the mental health clinician on call.

Eva Wilson's Scheduling Calendar

outlook.office365.com/owa/calendar/DropInAppointments@yale.edu/bookings/

If you are suffering from an acute episode and would like to schedule a one-time appointment you can use Eva Wilson's (The Graduate School's Mental Health Clinician) scheduling calendar to book a single, free appointment at the earliest availability.

Anonymous Online Mental Health Screening

yalewell.yale.edu/mental-health/online-mental-health-screening

Yale Good Life Center

goodlifecenterat Yale.com

Yale Public Safety Service Dog

news.yale.edu/2021/08/09/meet-heidi-yale-public-safety-service-dog

Meet Heidi! Heidi is a service dog; her sole job is to be a calming, comforting presence for students, staff, faculty, hospital patients, and the community at large. She and her handler can often be seen around campus and at a variety of Yale events.

Wellness @ Yale

It's often hard to find enough time to take care of yourself on top of all of your work and research. Luckily, Yale's facilities have you covered, making it easy to fit in that workout. Visit: sportsandrecreation.yale.edu

Payne-Whitney Gym

Hours During the Academic Year:

Mon-Fri 6am-11pm; Sat-Sun 9:30am-8pm

Summer Hours: Mon-Fri 6am-8pm; Sat-Sun 10am-2pm

Check [This Website](#) for Gym Hour Updates.

<i>Floor</i>	<i>Rooms</i>
8	Gymnastics Studio
7	Fencing Room
6	Exercise Room
5	Exercise Room, Wrestling Room & Dance Studio
4	Israel Fitness Center, Brady Squash Room
3	Practice Pool
2	David Paterson Golf Technology Center
1	Layman Center (Basketball Court and Track)
B1	Exhibition Pool, Media and Spin Rooms

In addition to the multitude of open resources that the Payne Whitney offers, there are also options available for semester-long fitness classes.

Yale Physical Education Classes

Cardio	Boot Camp, Cardio-Kickboxing, Circuit Fusion, Sculpt & Tone, Spinning, Sweat City Circuit Training & Zumba
Dance	Tango, Ballet, Modern Dance, Salsa, Pregnancy fitness & Mom and Baby Fitness
Martial Arts	Tae Kwon Do, Self-defense, & Cardio-Kick- boxing
Sports Skills	Fencing, Swimming, Yoga & Spin

Visit: sportsandrecreation.yale.edu/group-fitness-instructional-classes for more information about group fitness classes at Yale.

Yale Sports G&P Intramurals: To find a sport and an IM team visit: gradprointramurals.yale.edu

Yale Outdoor Education Center: (291 Upper Pattagansett Rd., East Lyme, CT, 06333) The Yale Outdoor Education Center (OEC) is available to anyone with a valid Yale ID. At the OEC, you can rent cabins, canoes and row boats, or just take a cool dip on a hot summer day. Open June through Labor Day, the OEC is located about 50 minutes away in East Lyme, CT.

Yale Well: visit: wellness.yale.edu The Wellness Project is a new initiative at Yale intended to foster an environment that supports and advances students' well-being, in all its dimensions, through innovative programs, opportunities for self-discovery and growth, and the cultivation of a compassionate campus culture.

Wellness in New Haven

Gyms and Fitness Studios

Central Coast YMCA	12040 Chapel St
City Climb Gym	342 Winchester Ave
Crossfit New Haven	1175 State St
PoleFly Aerial Fitness	214 Wooster St
Fresh Yoga	319 Peck St
Breathing Room Yoga	216 Crown St
New Haven Ballet	70 Audubon St
mActivity	285 Nicoll St
Wheelhouse Cycling Studio	199 Crown St

Day Spas

Elm City Wellness	774 Orange St 2440 Whitney Ave Suite #209 (Hamden)
Naturegene Herb Store	75 Whitney Ave
Wellness Haven	22 Trumbull St

Meditation

Shambala Center	85 Willow St
New Haven Insight	Dwight Hall, 67 High St
New Haven Zen Center	193 Mansfield St
Breathing Room	216 Crown St
Elm City Wellness	774 Orange St
Elm Village	50 Winnett St, Hamden
The Good Life Center	505 College St
One Village Healing	216 Crown St

Safety and Transportation

Campus Safety

Your safety and security are no laughing matter at Yale. It is the university's top priority that every student feels safe and secure during his or her time at Yale, and these are some of the services and offices that help achieve that.

In case of Emergency, Call 911. Otherwise, you can also call Yale police at (203) 432-4400.

Blue Phones

Call boxes marked with blue lights are located all across campus. Use the red emergency buttons for direct connection to the University Police for police, fire, or medical emergencies.

You can also press "CALL" followed by "2WALK" (2-9255) to call yourself a safe ride or security escort after 6pm.

The Yale Shuttle System

The aim of the free Yale Shuttle system is to provide a safe and reliable mode of transportation for all Yale Students, Staff and Faculty. The service combines Fixed-Route, Door- to-Door and Fixed-Time Shuttles. For detailed

and up-to-the-minute information, visit: your.yale.edu/work-yale/campus-services/yale-transit/shuttle
or see the shuttle map at yale.downtownerapp.com/routes.

Fixed Route Shuttles

Fixed lines shuttles run early morning to late night every weekday (specific times listed on the following pages). They have a number of fixed stops. At night, on weekends, and during adverse weather conditions the routes and times of operation may change. To get on a shuttle, just wait at a stop and signal the driver as the shuttle approaches. To get off, pull the yellow cord a few moments before your stop. To get on, use the Downtowner app to find the stop locations, note that there may be discrepancies.

To view shuttle stop locations, the shuttle lines and current position (combination of GPS + travel prediction data) of the shuttles, use the Downtowner web app: yale.downtownerapp.com/routes.

Weekday

The Blue Line (7am-6pm) connects Whitney (downhill) areas with York and College streets downtown all the way to the Medical School. Service is expanded to Prospect (uphill) at night (6pm to 1am).

The Orange Line (7am to 6pm) runs on a similar path as the Blue Line but runs through East Rock, traveling down Foster and Orange Street instead of Whitney Ave. There is expanded service within this range at night (6:15pm to 1am)

The Red Line (7am to 6pm) runs on Winchester Ave, Prospect (downhill), and serves the Chapel St., Wooster Square areas. It also travels to and from Union Station and the Medical School.

The Green line (5:20am to 6:40pm) and Purple line (5:30am to 11:45pm) will bring you to and from West Campus and the Science Hill and Medical School campuses, respectively.

The Brown Line (6am to 7pm) will bring you between Science Hill and the Science Park Garage.

The Pink Line (6am to 6:30pm) runs between the Medical School and the West Haven VA.

The Yellow Line (6am to 7pm) will bring you to the New Haven train stations (Union Station & State Street Station) and central campus.

Nighttime

After 6pm, you can tell your fixed-line shuttle driver the exact location where you would like to be dropped off. You will be driven to your doorstep, even if it is not on the route. For example, after 6pm, you can ask your Blue Line driver to drop you at Mansfield Street and they will go up Mansfield for you before they return to Prospect Street. This is why after 6pm some shuttles seem to take a strange path on the Downtowner web app (see apps on [page 4](#)).

Weekend

The Weekend Blue Line (7am to 6:20pm) follows a similar route to the weekday blue line with fewer stops.

The Weekend Grocery Line (7am to 5pm) runs between the Science Hill area and Trader Joes in Orange, CT.

The Green Line and Purple Line operate the same as during the week.

Trader Joe's Shuttle

The Trader Joe's Shuttle drives students to the Trader Joe's in Orange, CT and back beginning in the Science Hill Parking lot at 180 Whitney Avenue, past College and Wall streets, and returning to Science Hill.

Fixed-Time Shuttle

The Wall Street Shuttle aka Law School Shuttle (6pm to 12:45am) is (despite the name), open to all students. This bus leaves from the Law School (127 Wall Street) on the hour and at half past the hour. The shuttle will drive you to any location within the zone', first north of Wall Street, then south. At 15 and 45 minutes past, shuttles will leave to take you to any location within the zone' south of Wall Street first, then north. Just tell the driver your destination as you enter the shuttle.

The Medical School Shuttle aka 333 Cedar Shuttle (6pm to 1am) is also open to all students. They run on the hour and at half past, from 333 Cedar Street. They will take you to any location in the Wooster Square and Dwight/Howe neighborhoods.

Yale Special Services

A transportation van is available for students with temporary or permanent mobility struggles. see: [this document for more information](#) about accessible transit at Yale.

Traveling around New Haven

When it comes to traveling within New Haven, the Yale Shuttle ([page 48](#)) and ride-share apps like Uber and Lyft are your best bets. Here is a list of other services that may come in handy, visit: your.yale.edu/work-yale/campus-services/getting-around-yale.

CT Transit CT Public Transit Fares: \$1.75 for 2 hours of unlimited transfer in any direction. Grab a GoCT refillable transit card and never worry about exact change again. For more information, visit: cttransit.com).

Taxi services include Metro Taxi (203-777-7777), Yellow Taxi (203-777-7770), and Equamex Taxi (203-624-3333)

Biking in New Haven

Biking is a healthy, fun, and economical way to travel around New Haven, and Yale is a Gold-level Bicycle Friendly University. Here are some tips for staying safe and traveling by bike!

Places to Explore by Bike

Places to Explore by Bike Include:

Farmington Canal Trail visit: fchtrail.org The Farmington Canal Trail is part of the larger East Coast Greenway Initiative, and runs from Hillhouse Ave. to Southwick, MA. Try riding a short segment after class, or a longer weekend day trip!

East Rock Park For a challenging ride with beautiful views of New Haven as a reward, ride to the top of East Rock.

Every year, the International Festival of Arts and Ideas takes place on the New Have Green and offers bike rides around the greater New Haven area. Past events have included a murder mystery bike tour, trips to a Strawberry picking festival, and historical rides around New Haven!

Bike shops

College St. Cycles	252 College St.
Devil's Gear Bike Shop	137 Orange St.
Bradley Street Bicycle Co-op	138 Bradley St.

Bike Communities in New Haven

Yale Cycling Team visit: yalecycling.org Grad students at Yale can race in collegiate races, and are encouraged to come out and ride! Saturday rides leave from the intersection of Orange and Cold Spring streets each Saturday morning around 9:10 am

New Haven Bicycling Club visit: newhavenbicyclingclub.org Bike club ranging from commuters to racers and puts on frequent rides and events in the community

New Haven Bike Party visit: newhavenbikeparty.wordpress.com These themed & costumed rides are held the 2nd Friday of every month, to celebrate the New Haven biking community. This is a great opportunity to meet other bikers and explore New Haven! Find the New Haven Bike Party on Facebook or

Bradley Street Bike Co-op visit: bsbc.co You can work on your bike there if you buy a cheap membership; volunteers get a free membership; they additionally sell bikes, parts, make coffee, and are a great part of the cycling community in New Haven

Bike Safety Tips

Like everywhere, there are good streets to cycle on and busier streets. Plan your route before you cycle! Check out the New Haven Bike Map to plan your route. [See this document for more information.](#)

Take a one-hour bike safety course through Yale Environmental Health & Safety. The course includes helpful bicycling tips, bicycle maintenance info, and the proper use and sizing of helmets. Participants will receive a coupon for a free helmet upon completion of the course. Sign up at: [This Link](#)

For great bike-safety tips, visit the smart streets resource to learn how to co-exist on the road with drivers and pedestrians! (visit: smartstreets.yale.edu)

Know the laws for bicyclists. Here are a few that are good to know:

- Biking is not allowed on sidewalks.
- Bikes must be equipped with lights and reflectors for riding at night.
- Do not ride more than two-across and communicate your directions with hand signals.

Always lock your bike to a non-moving fixture. We recommend U-locks and wheel-locking mechanisms to prevent theft. Visit your.yale.edu/work-yale/campus-services/getting-around-yale/bike/yale-bike-map for a map of bike racks within the Yale campus.

Travel Out of New Haven

There are lots of places across the Northeast that are worth exploring while you're living in New Haven! If you don't own a car, here are some ways to make that happen.

By Car

Zipcar visit: zipcar.com/yale There is a discount for Yale Students!

Other Rental Cars These come in handy if you need to travel somewhere one-way or for longer distances. To use the Yale discount, visit: your.yale.edu/work-yale/campus-services/yale-travel-management). Make sure to use the correct code for leisure or business travel, as appropriate.

By Bus

CT Transit (visit: cttransit.com) CT Transit is a great alternative to a car. Useful locations might include Boston Post Road for shopping.

Peter Pan Bus Lines (visit: peterpanbus.com) For New England stops

BoltBus (visit: boltbus.com) Combine with an MTA train ticket to get to Philadelphia and Washington, DC.

Megabus (visit us.megabus.com) New Haven to Boston via Hartford

By Train

MTA Metro-North Railroad (visit: mta.info/schedules) The Metro North connects New Haven, not just to New York City, but also to other great places along the CT shoreline. Try curling in Bridgeport, sailing in Greenwich or the Stamford Escape Room. You can buy a ticket at the machine at Union Station, on your phone using the MTA eTix app, or on the train (with a surcharge). Peak Times are on weekdays for trains arriving in New York between 5am and 10am and leaving New York between 5.30am and 9am or 4pm and 8pm. During these times, tickets will be slightly higher prices.

Amtrak (visit: amtrak.com) New Haven is in a prime location for using Amtrak, on the line connecting Boston, New York, Newark (Airport), Washington DC and Newport News, VA, as well as a line running from New Haven, through Hartford to Springfield, MA. Book early for discounted rates!

CTRail (visit: hartfordline.com) New in Spring 2018, the Hartford Line runs additional trains to/from New Haven through Hartford and to/from Springfield, MA on weekdays and weekends. (\$8 to Hartford, \$12.75 to Springfield). Tickets can be purchased at ticket machines at any of the stops on the Hartford Line, or onboard for an additional surcharge.

By Plane

Nearby Airports Include:

Bradley International Airport (BDL) Windsor Locks, CT (Hartford Area)

Tweed New Haven Airport (HVN) Only services Avelo Airlines.

LaGuardia Airport (LGA) Queens, NY

John F. Kennedy International Airport (JFK) Queens, NY

Newark Liberty International Airport (ERW) Newark, NJ

Westchester County (HPN) White Plains, NY

T.F. Green (PVD) Warwick, RI

Getting to the Airport

GO Airport Shuttle (visit: [the go-airport shuttle website](#)) The shuttle can take you to and from JFK, LaGuardia, Newark, and White Plains-Westchester. The fare is about \$70 one-way with the student discount.

Public Transport to Bradley Airport (BDL) CTRail Hartford Line to Hartford (45 minutes, \$8), and then the Bradley Flyer from Union Station in Hartford to your terminal at BDL (30 minutes, \$1.75). (visit: [cttransit.com/services/bradley-flyer](#))

Tweed New Haven Airport You can park at Tweed for about \$25 a day or park at the Temple Street Garage for \$15 a day and take a free shuttle to the airport. For more information visit [parkhvn.com](#).

A Cheap Way to JFK Take the Metro North Train to Grand Central Station (\$17.75, off-peak price). Outside Grand Central, buy tickets from NYC Airport agents who run shuttle buses to JFK (\$18) [nycairporter.com](#)). Shuttles run every 30-45 minutes and take you directly to your terminal. Alternatively, you can buy a combined Metro North /Long Island Railroad ticket that will take you to Grand Central then transfer to the Long Island

Rail Road to Jamaica. At Jamaica station, you will transfer to the AirTrain to JFK. For more information, visit new.mta.info/guides/airports/jfk

A Cheap Way to LGA Take the Metro North Train to Harlem/125th Street, and then board the M60 bus south-bound direct to all terminals at LGA (\$2.75). You can use a card that taps or buy a Metro card from an MTA station M60 stop or at the airport. For more information, visit new.mta.info/guides/airports/laguardia.

Direct travel to Newark Use the Amtrak Northeast Regional line. The Newark train station is attached to the airport terminal! For a cheaper option, take the Metro North to Grand Central, then the subway to Penn Station, then take New Jersey Transit to Newark Airport (look out for the airplane logo), and finally take the AirTrain to the airport. For more information, visit new.mta.info/guides/airports/newark-ewr.

Having a Car in New Haven

Graduate students with cars should remember:

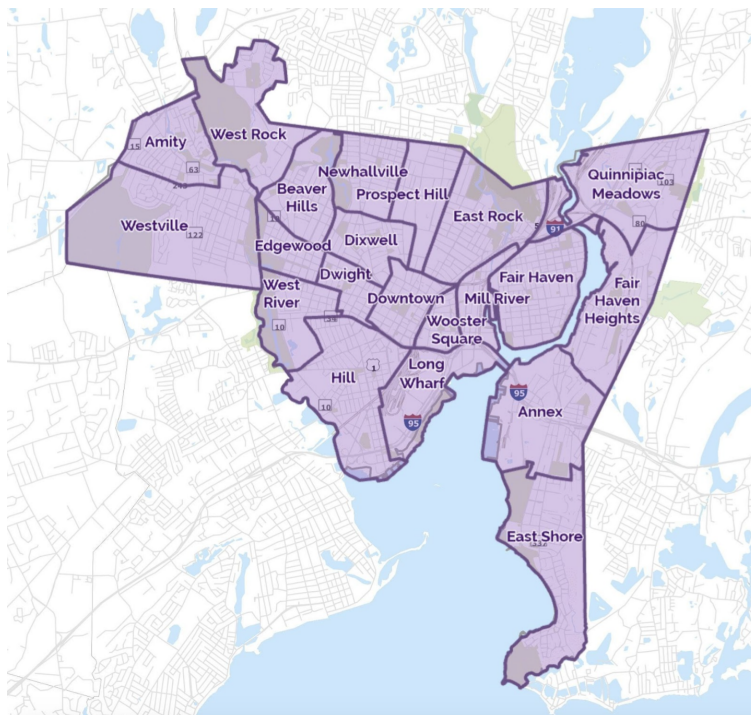
- Connecticut gives you 60 days to register your car in the state. For more information, visit: dmv.org/ct-connecticut/car-registration.php
- If you do not own a US license, you may, depending on your residency status and length of your stay, need to convert your license to a CT license or pass the driving test again.
- Parking on campus often requires an application and permit, and can be very expensive. For information on where to park and how to apply for a permit (visit: to.yale.edu/drive/student-parking)
- **ProTip #1** Off-street parking is free in many streets in northern East Rock. Park your car there and take the shuttle to campus, but be sure to check for street sweeping (Next Tip)! Also be careful to avoid zoned parking which requires a permit.
- **ProTip #2** During inclement weather, New Haven may enforce parking bans on all snow emergency routes. Keep an eye out for the flashing blue lights that indicate a ban is in effect, or call: 203-946-SNOW (7669). See the city of New Haven streets website for more info! (newhavenct.gov/government/departments-divisions/parks-and-public-works/streets-division)

Life in New Haven

Welcome Home

This section is here to introduce you to some of the businesses in and around New Haven (there are many more beyond those listed here!). Some of them are marked by symbols to give you some additional information about the business. Keep an eye out for places marked as favorites by the GSA representatives!

Get acquainted with the New Haven city map below to find your way around. Popular graduate student neighborhoods include East Rock, Wooster Square, and Downtown.



Governmental Representation

Yale is committed to creating an informed citizenry.

Mayor of New Haven:

Justin Elicker	(203) 946-8200
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CT Senators:

Chris Murphy	(860) 549-8463
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Richard Blumenthal	(203) 330-0598
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CT Representative:

Rosa DeLauro	(203) 562-3718
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State Representatives:

Robyn Porter: 94th district (Whitney to Prospect)	(860) 240-8585
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Roland Lemar: 96th district (East Rock to East Haven)	(860) 240-8585
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Toni Walker: 93rd district (downtown; north of Whalley)	(860) 240-8585
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Patricia Dillon: 92nd district (South of Whalley)	(860) 240-8585
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State Senators:

Martin Looney: 11th district (east New Haven)	(860)-240-0375
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Gary Winfield: 10th district (west New Haven)	(860)-240-0475
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New Haven Board of Alders: [Link](#)

Around New Haven

Grocery Stores

Grocery Delivery:

If you don't have access to a car, getting groceries in New Haven can be challenging. Some people without cars take the weekend grocery shuttle to Trader Joe's (see section on Yale Shuttle System), but many others use grocery deliveries from one of several grocery stores in the area. Stop and Shop and Aldi both offer grocery delivery through their websites, while Instacart delivers from many of the shops listed above. These services come with fees that depend on the amount of groceries you order and how often you order them.

In New Haven:

\$	Aldi	480 Foxon Blvd
\$ \$ \$	Edge of the Woods	379 Whalley Ave
\$ \$ \$	Elm City Market	777 Chapel St
\$ \$	Hanmi Oriental Food	71 Whitney Ave
\$	Hong Kong Grocery	1008 State St
\$	Million Asian Market	15 Orange St
\$ \$	Nica's Market	603 Orange St
\$ \$	P&M Orange Street Market	721 Orange St
\$ \$	Stop and Shop	150 Whalley Ave
\$	Tlaxcala Grocery	964 State St
\$ \$ \$	Good Nature Market	15 Broadway 44 Whitney Ave

Outside New Haven:

\$ \$	#1 Fish Market	2239 State St., Hamden
\$	Bharat Bazaar	81 Boston Post Rd, Orange
\$ \$	Big Y	1060 W Main St, Branford
\$ \$	BJ's (Membership Required)	555 Universal Dr., North Haven
\$	Costco (Membership Required)	1718 Boston Post Rd, Milford
\$	Farmer's India Market	100 Boston Post Rd, Orange
\$ \$	Liuzzi Italian Market	322 State St, North Haven
\$ \$	Shoprite	745 Foxon Rd, East Haven
\$	Trader Joe's	560 Boston Post Rd, Orange
\$ \$ \$	Whole Foods	1686 Boston Post Rd, Milford
\$	The Meat King by C-Town	664 Grand Ave, New Haven
\$	G Mart	155 Cherry St, Milford
\$	La Tapatia (Bakery)	309 Grand Ave, New Haven

Wine and Liquor Stores

Beverage Boss	226 Whalley Ave
College Wine	68 Church St
Chapel West	1183 Chapel St
La Bella Vita	175 Wooster St
Odd Bins Bottle Shop	1 Whitney Ave
Enoteca Cassanova	717 Orange St
Temple Wine and Liquor	161 Temple St
The New Bottle Shop	492 Orange St
The Wine Thief	378 Whitney Ave
	181 Crown St
Total Wine & More	230 Cherry St, Milford, CT
Zachary's Liquor	375 Elm St

N.B. - Connecticut's alcohol laws may differ from your home state. The sale of liquor in stores is prohibited after 10pm Monday through Saturday and 6pm on Sunday.

Drugstores and Superstores

CVS Pharmacy	123 Church St
Rite Aid	66 Church St
Target	200 Universal Dr N, North Haven 25 Boston Post Road, Orange
Walgreens	88 York St 436 Whalley Ave 315 Foxon Blvd 2300 Dixwell Ave, Hamden

Banks

Bank of America	157 Church St 330 Cedar St 88 Broadway
Chase Bank	234 Church St
Citizens Bank	209 Church St 300 George St 395 Whalley Ave
Connex Credit Union	2 Whitney Ave
Liberty Bank	153 College St
Northeast Alliance F.C.U.	55 Whitney Ave
People's United	265 Church St
Start Community Bank	299 Whalley Ave
TD Bank	994 Chapel St
Webster Bank	80 Elm St
Wells Fargo Bank	956 Chapel St

Services

Adae Fine Art Academy	817 Chapel St
Alterations by Melonie	928 Chapel St
Kelly's Cobbler	196 Crown St
Park Street Lock & Safe	177 Park St
Tyco Print	262 Elm St
Valentino Tailors	1422 Dixwell Ave, Hamden
Make Haven	760 Chapel St

Auto Repair

Aquila Motors	6 Fountain St
Firestone Auto Care	2300 Dixwell Ave
Meineke Car Care Centers	471 W Main St, Branford
Mike's Auto Clinic	611 3rd St
Monro Muffler/Brake & Service	2300 Dixwell Ave
Ralph's Autobody Repair	732 Foxon Blvd, East Haven
El Mexicano Hand Car Wash	200 Sargent Drive
Splash Car Wash	2 Boston Post Road, West Haven
Cliff's Professional Auto Detailing	1369 State Street

Laundromats

Bubble and Squeak	165 Willow St 130 Park St
Howe Laundromat	96 Howe St
Wash Tub	40 Foster St

Dry Cleaners

Blue Jay Cleaners	51 Broadway
Jet Cleaners	762 State St
Ted's Cleaners	63 Grove St
Quality Dry Cleaner	135 Dwight St
Martone Dry Cleaner	847 Grand Ave
Executive Dry Cleaner	2 Howe St

Salons and Barbers

Broadway Hair	59 Broadway
The Barberie and Salon	488 Orange St
Capture Salon	100 Crown St
Euphoria	57 Orange St
Hair Niche	1151 Chapel St
Karma	263 College St
Phil's Barber Shop	17 Broadway
Phil's Hair and Spa	71 Audubon St
Phil's Hair Styles	82 Wall St 55 Whitney Ave
Rimage Salon & Spa	1210 Chapel St
Salon J	168 York St
Salon Lulu	839 Chapel St
Shiny Salon	77 Whitney Ave
Skull and Combs	832 State St
The Hive Hair Salon	153 Nicoll St
The Mane Room	155 Temple St
Y Haircutting	49 High St

Hotels

The Blake Hotel	9 High St
Courtyard Marriott	30 Whalley Ave
New Haven Hotel	229 George St
Omni	155 Temple St
The Study	1157 Chapel St
Graduate New Haven	1151 Chapel St
Hotel Marcel	500 Sargent Dr
Cambria Hotel	20 Dwight St

Parks

Dog Parks: Take your canine companion to one of these locations: Union Street Dog Park and Yale Divinity School Dog Park (St. Ronan St.)

Lighthouse Point Park: Located on the New Haven harbor. There are light- house tours and the area is great for water sports and bird watching.

East Rock Park: Bounded by Livingston Street, Davis Street, State Street and the Mill River, the summit of East Rock looks down over the city of New Haven.

West Rock Ridge State Park: Rising up to 627 feet above mean sea level, West Rock Ridge is one of the most prominent features of the New Haven region.

Sleeping Giant State Park: Located at 200 Mount Carmel Avenue in Hamden, this collection of hiking trails can be accessed by running or biking along the Farmington Canal Trail.

Brooksvale Park: Located in Hamden, this public park has hiking trails, a vegetable garden, a petting zoo, and more!

Wintergreen Lake: Located in Hamden, this state park offers hiking, canoeing, and fishing opportunities.

Arts and Culture

It is easy to get wrapped up in your classes and research, but don't miss out on all that New Haven has to offer. You don't have to make the trek out of state to enjoy some of the East Coast's finest arts and culture. New Haven supports a vibrant collection of museums, theaters, music venues, studios, and more.

Museums and Art Galleries

Beinecke Rare Book & Manuscript Library	121 Wall St
Cushing Center	333 Cedar St
Ely Center of Contemporary Art	51 Trumbull St
Knights of Columbus Museum	1 State St
New Haven Museum	114 Whitney Ave
Yale Collection of Musical Instruments (closed for renovation)	15 Hillhouse Ave
Yale Peabody Museum of Natural History	170 Whitney Ave
Yale School of Architecture Gallery	180 York St
Yale University Art Gallery	1111 Chapel St
Yale University Center for British Art (closed for renovation)	1080 Chapel St

Recreational Activities

Art Plus Studio New Haven	1207 Chapel St
Center for Collaborative Arts and Media	149 York St
Elm City Games	760 Chapel St
Escape New Haven	111 Whitney Ave
It Adventure Ropes Course	40 Sargent Dr

Theatre, Music, and Cinema

Cafe Nine	250 State St
College Street Music Hall	238 College St
Criterion Cinema	86 Temple St
Firehouse 12	45 Crown St
Little Theater on Lincoln	1 Lincoln St
Long Wharf Theater	222 Sergeant Dr
New Haven People's Center	37 Howe St
Shakespeare in the Park	Edgerton Park
Shubert Theater	247 College St
Sprague Music Hall	470 College St
Stella Blues	204 Crown St
Toad's Place	300 York St
University Theater	222 York St
Woolsey Music Hall	500 College St
Yale Cabaret	217 Park St
Yale Repertory Theater	1120 Chapel St

Dining

Restaurants and Bars

Twice a year, New Haven holds “Restaurant Week” during which local restaurants offer three-course prix-fixe menus. For more information, visit this [link](#)!

Below are some recommendations for New Haven Restaurants and Bars, written by some of our Graduate Student Assembly Members!

Taste of China

954 Chapel St (downtown)

“If you come from China or you want to try some Chinese food, as Chinese, I will definitely recommend Taste of China. It is near the New Haven Greens and you can try different great Chinese Dishes. My personal recommended dishes are Kong Pao Chicken and Pork with Garlic Sauce.” (Huangrui Chu)

Mecha-Uma Food Cart

corner of Prospect and Sachem (campus)

“There a few food carts that come every weekday to the corner of Prospect and Sachem streets. Together, they serve lunch to hundreds of hungry Yale people every day, but my favorite is the Japanese Cart, also known as the Mecha-Uma Food Cart. I go every day and order one of the many different options available; from chicken katsu with beef curry, to sushi, to grilled salmon. Tell the owner, Sean, that Chris sent you!” (Chris Lindsay)

Ramen Kuro Shiro

128 Crown St (downtown)

“They have great hot and cold ramen!” (Katie Chang)

Great Wall

67 Whitney Ave (campus)

“Chinese food restaurant, right next to other similar places. Small place with reasonable price (\$11 per dish), free water, popular among locals.” (Samuel Yu)

September in Bangkok

754 State St (East Rock)

“I would recommend the crab fried rice. I know food with blue color usually is disgusting but this one is really delicious!” (Huangrui Chu)

Zeneli Pizzeria e cucina Napoletana

138 Wooster St (Wooster Square)

“A great spot for authentic Neapolitan pizza in New Haven. In addition to pizza, enjoy other Italian favorites in a laid-back dining ambience. The Margherita verace won’t disappoint. Seatings are conducted on first come, first serve basis.” (Nicholas Berrettini)

Shell and Bones

100 S Water St (Hill)

“Fine dining with a very charming view on the Sound.” (Nicola Angeli)

Food at the Medical Campus

Three locations of cheap food for those of you who will be spending time on Yale’s York Street Campus.

- **The hospital main cafeteria** is on the east pavilion near the main entrance. Subsidized.
- **The New Haven Pavilion Cafeteria and Café** is on the second floor, above the Primary Care Center and Women’s Center.
- The foodcarts on Cedar St.

You can consult the map [here](#) for more help finding these locations.

Coffee and Desserts

Arethusa Farm Dairy	1020 Chapel St
Ashley's Ice Cream	280 York St
Atticus Market	771 Orange St
Cedarhurst Cafe	44 Crown St
The Coffee Pedaler	605 East St
Common Grounds	276 York St.320 Congress Ave.
Donut Crazy	290 York St
East Rock Coffee	49 Cottage St
Elena's on Orange	831 Orange St
Fussy Coffee	290 Winchester Ave
Insomnia Cookies	240 College St
GCafe	1177 Chapel St, 141 Orange St, 534 Orange St
Katalina's Bakery	74 Whitney Ave
Koffee?	104 Audubon St
Libby's Pastry Shop	139 Wooster St
Lucibello's Pastry Shop	935 Grand Ave
Pistachio	911 Whalley Ave, 1245 Chapel St
Poppy's	374 Whitney Ave
Taichi Bubble Tea	200 College St
Vivi Bubble Tea	940 Chapel St
The Neighborhood Cafe	947 State St
The Whale Tea	48 Whitney Ave
Willoughby's	194 York St, 258 Church St

Breweries

Counter Weight Brewing Co.	93 Raccio Park Rd, Hamden
East Rock Brewing Co.	285 Nicoll St
Milford Point Brewing	230 Woodmont Rd, Milford
New England Brewing Co.	175 Amity Rd, Woodbridge
New England Cider Co.	110 N Plains Industrial Rd, Wallingford
No Worries Brewing Co.	2520 State St, Hamden
Overshores Brewing Co.	250 Bradley St, East Haven
Stony Creek Brewery	5 Indian Neck Ave, Branford
Thimble Islands Brewing Co	16 Business Park Dr, Branford
Tribus Beer Co.	100 Raton Dr, Milford
Twelve Percent Beer Project	341 State St, North Haven
Two Roads	1700 Stratford Ave, Stratford

Study Spots around New Haven

Atticus Bookstore Cafe	1082 Chapel St (8am - 7pm)
Book Trader Cafe	1140 Chapel St (9am - 7pm)
GCafe	Multiple Locations
Good Life Center	168 Grove St
Humanities Quadrangle aka David Swensen Tower	320 York St (Floors 6-13)
Koffee?	104 Audubon St (7am - 8pm)
Poindexter Coffee	1151 Chapel St (6:30am - 2pm)
Starbucks Café	1068 Chapel St (6am - 7:30pm)
Steep Café	260 Whitney Ave
The Underground	168 Grove

Community Activities

Farmer's Markets

There are multiple markets around the New Haven area. Visit cityseed.org for more info.

Recreation

Thimble Island Tours: Boat cruises tours are available to visit the Thimble Islands which are located in the Long Island Sound.

Farmington Canal Trail: Farmington Canal Trail is a running/biking path that runs through Connecticut. Easy access points include behind the Yale Health Center and on Hillhouse Avenue. Visit farmingtoncanal.org for more information.