Welcome to Yale

A Guide to Graduate School at Yale brought to you by the Yale GSA

The Compass 2022-23
Yale Shuttle Map
Contents

Welcome

Life at Yale
  New Arrival Checklist
  Technology @ Yale
  Yale Slang
  Community Life
  The Bulldog Challenge

Life In New Haven
  Welcome Home
  Around New Haven
  Arts and Culture
  Dining
  Community Activities and Events

Health and Wellness
  Health
  Yale Health Coverage
  Wellness @ Yale
  Wellness in New Haven
  Family Life
  Disability Services
  LGBTQ+ Resources

Safety and Transportation
  Campus Safety
  The Yale Shuttle System Travel Around New Haven Biking In New Haven Travel Out of New Haven

Academic Advising and Mentorship
  Mentorship
  Academic and Administrative Life Diversity and Inclusion Resources
Welcome
dear fellow graduate student,

Welcome to Yale! We’re glad to have you joining our community of scholars. The next few weeks and months will be an exciting time of transition and new beginnings as you work on getting settled here in New Haven. I encourage you to make the most of the many resources available to you at this time- from your colleagues in your program or department to your fellow incoming first year students to the various centers, offices, and organizations on campus. As you will learn, the Yale community is an exciting group made up of professors, administrators, postdocs, students, and staff committed to creating a space where knowledge and learning flourish. Additionally, New Haven and the surrounding area is a vibrant place to live, with many excellent places to eat, things to do, and people to meet.

The Compass is a resource guide to life at Yale and New Haven that was written by graduate students of the Graduate Student Assembly (GSA) to help you navigate this transition (and beyond!). It contains helpful information on everything from shuttle routes to local bars to where to find resources for taxes and other financial questions to where you should go if an issue comes up.

As you begin your journey here at Yale and in New Haven, take some time to explore the environment around you- check out a book for fun at Sterling library, visit the Art Gallery, and meet graduate students from outside your department. Keep this website handy- it can be a great resource for many of your adventures here at Yale. And please reach out to the GSA if you have any questions, concerns, or just want to get to know your department’s representative(s) in our organization!

Sincerely,
Jo Machesky
GSA Chair
The GSA

What is the Graduate Student Assembly?

The Graduate Student Assembly is an elected body of Yale students in the Graduate School of Arts and Sciences. The Assembly’s goals are to identify the needs and concerns of graduate students, consider possible solutions, and present these to the Dean and other administrators. We also discuss, propose, and advise on possible changes to Graduate School policy proposed by the administration. The assembly provides a means for communication and deliberation both among graduate students and between graduate students and other members of the Yale community.

How can you get involved?

Every graduate program sends one representative to the GSA for every forty enrolled students, with a minimum of one representative per program. If your program is currently underrepresented, nominate yourself during elections in the middle of September.

All graduate students are welcome at the biweekly General Assembly Meetings. 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.
Life at Yale

New Arrival Checklist

Technology @ Yale
  Apps
  VPN
  Useful Websites

Yale Slang

Community Life
  Graduate Student Organizations
  McDougal Center

The Bulldog Challenge
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. (see page 79 for direct deposit and page 29 for local banks)

Register for dental and/or eye coverage
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 from August 15 - September 15! (see page 49)

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 48)

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 79)

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 47)

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 72)

Familiarize yourself with the Yale Shuttle
The Yale Shuttle services are a free method of transport available to all Yale students and affiliates. (see pages 60-63)

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 10)
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: [https://yale.service-now.com/it](https://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: [https://its.yale.edu/walk-centers](https://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](http://access.yale.edu). For more information on how to set up and use the VPN, see the VPN section on page 11.
Apps

VPN Cisco Anyconnect (computer and phone)
Securely access restricted services and resources on the Yale University or Yale-New Haven Hospital (Y-NHH) networks while off campus.

Duo Mobile (phone)
Two Factor Authentication: Required to access internal Yale sites when off campus

LiveSafe (phone)
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.

DoubleMap (phone)
Shows live route updates, GPS locations, and arrival estimates for Yale Shuttles

Yale Connect (phone)
Stay connected to organizations on campus wherever you are with the Yale Connect app.

Snackpass (phone)
Discounts and promotional codes for local restaurants make dining in New Haven more affordable and fun.

See.Click.Fix (phone)
New Haven community engagement app which enables easy reporting of civic issues, from potholes to blight to downed trees.
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:

1) 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:
https://studenttechnology.yale.edu/guide/incoming-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 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

Interesting Instagram Feeds @yale -
Yale University @theyalegsa -
The Yale GSA
@yalegsas - Yale Graduate School
@handsomedan xviii - Handsome Dan
Like all communities, Yale has come up with its own shorthand. 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*
The Graduate and Professional Student Club at Yale with Gryphon’s Pub, the G&P student bar, in the basement. 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 (see G&P).

**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, go to page 5.

**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.
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!

SIS – Student Information Systems
From accessing any e-bills, to registering for classes, to updating your emergency contact information, most anything you need to do can be done through SIS.

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.

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.

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.
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.

G&P – Graduate and Professional Schools

G&P Schools Senate
The GPSS represents students from all of 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.

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 Student Organizations

Please note that new student groups are added every year. If you are interested in starting your own group, visit: gsas.yale.edu/life-yale website 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) 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)
Food in Service to the Homebound (FISH)
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
Unidad Latina en Acción (ULA)
Y2Y New Haven

The Compass 2022-23
Community Life

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, it hosts 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!

The New Haven Free Public Library
133 Elm St.

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: http://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
- Go to the Leitner Family Observatory and Planetarium
- 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 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
• 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
• 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! Explore New Haven!
• Make the pilgrimage to Food Truck Paradise at Long Wharf
Welcome Home

Governmental Representation

Around New Haven

Grocery Stores
Wine and Liquor Stores
Drugstores and Superstores
Banks
Services
Auto Repair
Laundromats
Dry Cleaners
Salons and Barbers
Hotels

Arts and Culture

Museums and Art Galleries
Entertainment
Theater, Music, and Cinema

Dining

Restaurants and Bars
Coffee and Desserts

Community Activities and Events

Parks
Farmers’ Markets
Recreation
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 NH
Justin Elicker - (203) 946-8200

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

CT Representative
Rosa DeLauro - (203) 562-3718

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

State Senators
11th district (east New Haven)
Martin Looney - (860)-240-0375
10th district (west New Haven)
Gary Winfield - (860)-240-0475

New Haven Board of Alders
https://www.newhavenct.gov/gov/depts/alders/default.htm
## Around New Haven

### Grocery Stores

**In New Haven**

<table>
<thead>
<tr>
<th>Store Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aldi</td>
<td>480 Foxon Blvd</td>
</tr>
<tr>
<td>Edge of the Woods</td>
<td>379 Whalley Ave</td>
</tr>
<tr>
<td>Elm City Market</td>
<td>777 Chapel St</td>
</tr>
<tr>
<td>Ferraro’s Market</td>
<td>664 Grand Ave</td>
</tr>
<tr>
<td>Hanmi Oriental Food</td>
<td>71 Whitney Ave</td>
</tr>
<tr>
<td><strong>Hong Kong Grocery</strong></td>
<td>1008 State St</td>
</tr>
<tr>
<td>Million Asian Market</td>
<td>15 Orange St</td>
</tr>
<tr>
<td>Nica’s Market</td>
<td>603 Orange St</td>
</tr>
<tr>
<td>P&amp;M Orange Street Market</td>
<td>721 Orange St</td>
</tr>
<tr>
<td>Stop and Shop</td>
<td>150 Whalley Ave</td>
</tr>
<tr>
<td><strong>Tlaxcala Grocery</strong></td>
<td>964 State St</td>
</tr>
<tr>
<td><strong>Good Nature Market</strong></td>
<td>15 Broadway 44 Whitney Ave</td>
</tr>
</tbody>
</table>

*supermarket 🛒, locally owned 🛒, health food 🍎, GSA favorite ⭐*
<table>
<thead>
<tr>
<th>Store Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1 Fish Market</td>
<td>2239 State St., Hamden</td>
</tr>
<tr>
<td>Bharat Bazaar</td>
<td>81 Boston Post Rd, Orange</td>
</tr>
<tr>
<td>Big Y</td>
<td>1060 W Main St, Branford</td>
</tr>
<tr>
<td>BJ’s</td>
<td>555 Universal Dr., North Haven</td>
</tr>
<tr>
<td>Costco</td>
<td>1718 Boston Post Rd, Milford</td>
</tr>
<tr>
<td>India Market</td>
<td>100 Boston Post Rd, Orange</td>
</tr>
<tr>
<td>Liuzzi Italian Market</td>
<td>322 State St, North Haven</td>
</tr>
<tr>
<td>Shoprite</td>
<td>745 Foxon Rd, East Haven</td>
</tr>
<tr>
<td>Trader Joe’s</td>
<td>560 Boston Post Rd, Orange</td>
</tr>
<tr>
<td>Whole Foods</td>
<td>1686 Boston Post Rd, Milford</td>
</tr>
</tbody>
</table>
Wine and Liquor Stores

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.

<table>
<thead>
<tr>
<th>Store Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beverage Boss</td>
<td>226 Whalley Ave</td>
</tr>
<tr>
<td>College Wine</td>
<td>68 Church St</td>
</tr>
<tr>
<td>Chapel West</td>
<td>1183 Chapel St</td>
</tr>
<tr>
<td>La Bella Vita</td>
<td>175 Wooster St</td>
</tr>
<tr>
<td>⭐ Odd Bins Bottle Shop</td>
<td>1 Whitney Ave</td>
</tr>
<tr>
<td>Enoteca Cassanova</td>
<td>717 Orange St</td>
</tr>
<tr>
<td>Temple Wine and Liquor</td>
<td>161 Temple St</td>
</tr>
<tr>
<td>The New Bottle Shop</td>
<td>492 Orange St</td>
</tr>
<tr>
<td>⭐ The Wine Thief</td>
<td>378 Whitney Ave</td>
</tr>
<tr>
<td></td>
<td>181 Crown St</td>
</tr>
</tbody>
</table>

Drugstores and Superstores

<table>
<thead>
<tr>
<th>Store Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>CVS Pharmacy</td>
<td>123 Church St</td>
</tr>
<tr>
<td>Rite Aid</td>
<td>66 Church St</td>
</tr>
<tr>
<td>Target</td>
<td>200 Universal Dr N, North Haven</td>
</tr>
<tr>
<td>Walgreens</td>
<td>88 York St</td>
</tr>
<tr>
<td></td>
<td>436 Whalley Ave</td>
</tr>
<tr>
<td></td>
<td>315 Foxon Blvd</td>
</tr>
<tr>
<td></td>
<td>2300 Dixwell Ave, Hamden</td>
</tr>
</tbody>
</table>
# Banks

<table>
<thead>
<tr>
<th>Bank</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bank of America</td>
<td>157 Church St</td>
</tr>
<tr>
<td></td>
<td>330 Cedar St</td>
</tr>
<tr>
<td></td>
<td>88 Broadway</td>
</tr>
<tr>
<td>Chase Bank</td>
<td>234 Church St</td>
</tr>
<tr>
<td>Citizens Bank</td>
<td>209 Church St</td>
</tr>
<tr>
<td></td>
<td>300 George St</td>
</tr>
<tr>
<td></td>
<td>395 Whalley Ave</td>
</tr>
<tr>
<td>Connex Credit Union</td>
<td>2 Whitney Ave</td>
</tr>
<tr>
<td>Liberty Bank</td>
<td>153 College St</td>
</tr>
<tr>
<td>Northeast Alliance F.C.U.</td>
<td>55 Whitney Ave</td>
</tr>
<tr>
<td>People’s United</td>
<td>265 Church St</td>
</tr>
<tr>
<td>Start Community Bank</td>
<td>299 Whalley Ave</td>
</tr>
<tr>
<td>TD Bank</td>
<td>994 Chapel St</td>
</tr>
<tr>
<td>Webster Bank</td>
<td>80 Elm St</td>
</tr>
<tr>
<td>Wells Fargo Bank</td>
<td>205 Church St</td>
</tr>
</tbody>
</table>
## Services

<table>
<thead>
<tr>
<th>Business Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adae Fine Art Academy</td>
<td>817 Chapel St</td>
</tr>
<tr>
<td>Alterations by Melonie</td>
<td>928 Chapel St</td>
</tr>
<tr>
<td>Kelly’s Cobbler</td>
<td>196 Crown St</td>
</tr>
<tr>
<td>Park Street Lock &amp; Safe</td>
<td>177 Park St</td>
</tr>
<tr>
<td>Tyco Print</td>
<td>262 Elm St</td>
</tr>
<tr>
<td>Valentino Tailors</td>
<td>1422 Dixwell Ave, Hamden</td>
</tr>
<tr>
<td>Make Haven</td>
<td>760 Chapel St</td>
</tr>
</tbody>
</table>

## Auto Repair

<table>
<thead>
<tr>
<th>Business Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquila Motors</td>
<td>6 Fountain St</td>
</tr>
<tr>
<td>Firestone Auto Care</td>
<td>2300 Dixwell Ave</td>
</tr>
<tr>
<td>Meineke Car Care Centers</td>
<td>471 W Main St, Branford</td>
</tr>
<tr>
<td>Mike’s Auto Clinic</td>
<td>611 3rd St</td>
</tr>
<tr>
<td>Monro Muffler/Brake &amp; Service</td>
<td>2300 Dixwell Ave</td>
</tr>
<tr>
<td>Ralph’s Autobody Repair</td>
<td>732 Foxon Blvd, East Haven</td>
</tr>
</tbody>
</table>
## Laundromats

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bubble and Squeak</td>
<td>165 Willow St</td>
</tr>
<tr>
<td></td>
<td>130 Park St</td>
</tr>
<tr>
<td>Howe Laundromat</td>
<td>96 Howe St</td>
</tr>
<tr>
<td>Wash Tub</td>
<td>40 Foster St</td>
</tr>
</tbody>
</table>

## Dry Cleaners

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue Jay Cleaners</td>
<td>51 Broadway</td>
</tr>
<tr>
<td>Jet Cleaners</td>
<td>762 State St</td>
</tr>
<tr>
<td>JJ Cleaners</td>
<td>528 Orange St</td>
</tr>
<tr>
<td>Ted’s Cleaners</td>
<td>63 Grove St</td>
</tr>
<tr>
<td>Quality Dry Cleaner</td>
<td>135 Dwight St</td>
</tr>
<tr>
<td>Martone Dry Cleaner</td>
<td>847 Grand Ave</td>
</tr>
<tr>
<td>Executive Dry Cleaner</td>
<td>2 Howe St</td>
</tr>
</tbody>
</table>
## Salons and Barbers

<table>
<thead>
<tr>
<th>Salon/Barber Shop</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broadway Hair</td>
<td>59 Broadway</td>
</tr>
<tr>
<td>The Barberie and Salon</td>
<td>488 Orange St</td>
</tr>
<tr>
<td>Capture Salon</td>
<td>100 Crown St</td>
</tr>
<tr>
<td>Euphoria</td>
<td>57 Orange St</td>
</tr>
<tr>
<td>Hair Niche</td>
<td>1151 Chapel St</td>
</tr>
<tr>
<td>Karma</td>
<td>263 College St</td>
</tr>
<tr>
<td>Phil’s Barber Shop</td>
<td>17 Broadway</td>
</tr>
<tr>
<td>Phil’s Hair and Spa</td>
<td>71 Audubon St</td>
</tr>
<tr>
<td>Phil’s Hair Styles</td>
<td>82 Wall St</td>
</tr>
<tr>
<td></td>
<td>55 Whitney Ave</td>
</tr>
<tr>
<td>Rimage Salon &amp; Spa</td>
<td>1210 Chapel St</td>
</tr>
<tr>
<td>Salon J</td>
<td>168 York St</td>
</tr>
<tr>
<td>Salon Lulu</td>
<td>839 Chapel St</td>
</tr>
<tr>
<td>Shiny Salon</td>
<td>77 Whitney Ave</td>
</tr>
<tr>
<td>Skull and Combs</td>
<td>832 State St</td>
</tr>
<tr>
<td>The Hive Hair Salon</td>
<td>153 Nicoll St</td>
</tr>
<tr>
<td>The Mane Room</td>
<td>155 Temple St</td>
</tr>
<tr>
<td>Y Haircutting</td>
<td>49 High St</td>
</tr>
</tbody>
</table>
## Hotels

<table>
<thead>
<tr>
<th>Hotel</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Blake Hotel</td>
<td>9 High St</td>
</tr>
<tr>
<td>Courtyard Marriott</td>
<td>30 Whalley Ave</td>
</tr>
<tr>
<td>New Haven Hotel</td>
<td>229 George St</td>
</tr>
<tr>
<td>Omni</td>
<td>155 Temple St</td>
</tr>
<tr>
<td>The Study</td>
<td>1157 Chapel St</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>Artspace</th>
<th>50 Orange St</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beinecke Rare Book &amp; Manuscript Library</td>
<td>121 Wall St</td>
</tr>
<tr>
<td>Cushing Center</td>
<td>333 Cedar St</td>
</tr>
<tr>
<td>Ely Center of Contemporary Art</td>
<td>51 Trumbull St</td>
</tr>
<tr>
<td>Knights of Columbus Museum</td>
<td>1 State St</td>
</tr>
<tr>
<td>New Haven Museum</td>
<td>114 Whitney Ave</td>
</tr>
<tr>
<td>Yale Collection of Musical Instruments</td>
<td>15 Hillhouse Ave</td>
</tr>
<tr>
<td>Yale Peabody Museum of Natural History</td>
<td>170 Whitney Ave</td>
</tr>
<tr>
<td>Yale School of Architecture Gallery</td>
<td>180 York St</td>
</tr>
<tr>
<td>Yale University Art Gallery</td>
<td>1111 Chapel St</td>
</tr>
<tr>
<td>Yale University Center for British Art</td>
<td>1080 Chapel St</td>
</tr>
</tbody>
</table>

Entertainment

<table>
<thead>
<tr>
<th>Art Plus Studio New Haven</th>
<th>1207 Chapel St</th>
</tr>
</thead>
<tbody>
<tr>
<td>Center for Collaborative Arts and Media</td>
<td>149 York St</td>
</tr>
<tr>
<td>Elm City Games</td>
<td>760 Chapel St</td>
</tr>
<tr>
<td>Theater, Music, and Cinema</td>
<td></td>
</tr>
<tr>
<td>-----------------------------</td>
<td></td>
</tr>
<tr>
<td><strong>College Street Music Hall</strong></td>
<td>238 College St</td>
</tr>
<tr>
<td><strong>Criterion Cinema</strong></td>
<td>86 Temple St</td>
</tr>
<tr>
<td><strong>International Festival of Arts and Ideas</strong></td>
<td>On the Green</td>
</tr>
<tr>
<td><strong>Little Theater on Lincoln</strong></td>
<td>1 Lincoln St</td>
</tr>
<tr>
<td><strong>Long Wharf Theater</strong></td>
<td>222 Sergeant Dr</td>
</tr>
<tr>
<td><strong>New Haven People’s Center</strong></td>
<td>37 Howe St</td>
</tr>
<tr>
<td><strong>Shakespeare in the Park</strong></td>
<td>Edgerton Park</td>
</tr>
<tr>
<td><strong>Shubert Theater</strong></td>
<td>247 College St</td>
</tr>
<tr>
<td><strong>Sprague Music Hall</strong></td>
<td>470 College St</td>
</tr>
<tr>
<td><strong>The State House</strong></td>
<td>310 State St</td>
</tr>
<tr>
<td><strong>Toad’s Place</strong></td>
<td>300 York St</td>
</tr>
<tr>
<td><strong>University Theater</strong></td>
<td>222 York St</td>
</tr>
<tr>
<td><strong>Woolsey Music Hall</strong></td>
<td>500 College St</td>
</tr>
<tr>
<td><strong>Yale Cabaret</strong></td>
<td>217 Park St</td>
</tr>
<tr>
<td><strong>Yale Repertory Theater</strong></td>
<td>1120 Chapel St</td>
</tr>
</tbody>
</table>
Dining

Restaurants and Bars

new haven pizza 🍕
quick bites 🍔
restaurant 🍟
fine dining 🍇
bar 🍹
GSA favorite ⭐️

Twice a year, New Haven holds “Restaurant Week” during which local restaurants offer three-course prix-fixe menus. For more information, visit: infonewhaven.com/restaurantweek

### Downtown

<p>| 🍽️ | 116 Crown | 116 Crown St |
| 🍽️ | 168 York St Cafe | 168 York St |
| 🍽️ | Anaya Sushi | 1150 Chapel St |
| 🍽️ | Anchor Spa | 272 College St |
| 🍽️ | BAR | 254 Crown St |
| 🍽️ | Barcade | 56 Orange St |
| 🍽️ | Barcelona | 155 Temple St |
| ⭐️ | Blue Orchid | 130 Court St |
| 🍽️ | B-Natural! Cafe | 1044 Chapel St |
| 🍽️ | 97 Orange St |
| 🍽️ | BonChon | 170 College St |
| ⭐️ | Claire’s Corner Copia | 1000 Chapel St |
| ⭐️ | Elm City Social | 266 College St |
| 🍽️ | Firehouse 12 | 45 Crown St |</p>
<table>
<thead>
<tr>
<th>$</th>
<th>Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Hamilton Park</td>
<td>9 High St</td>
</tr>
<tr>
<td></td>
<td>Harvest</td>
<td>1104 Chapel St</td>
</tr>
<tr>
<td></td>
<td>Heirloom</td>
<td>1157 Chapel St</td>
</tr>
<tr>
<td></td>
<td>High George</td>
<td>9 High St</td>
</tr>
<tr>
<td>$</td>
<td>House of Naan</td>
<td>65 Howe St</td>
</tr>
<tr>
<td>$</td>
<td>Kitchen Zinc</td>
<td>966 Chapel St</td>
</tr>
<tr>
<td></td>
<td>Kumo</td>
<td>7 Elm St</td>
</tr>
<tr>
<td></td>
<td>Lalibela</td>
<td>176 Temple St</td>
</tr>
<tr>
<td>$</td>
<td>Louis’ Lunch</td>
<td>261 Crown St</td>
</tr>
<tr>
<td>$</td>
<td>Mamoun’s</td>
<td>85 Howe St</td>
</tr>
<tr>
<td></td>
<td>Mecha</td>
<td>201 Crown St</td>
</tr>
<tr>
<td>$</td>
<td>Olea</td>
<td>39 High St</td>
</tr>
<tr>
<td>$</td>
<td>Olive and Oil</td>
<td>124 Temple St</td>
</tr>
<tr>
<td>$</td>
<td>Ordinary</td>
<td>990 Chapel St</td>
</tr>
<tr>
<td>$</td>
<td>Otaru</td>
<td>21 Temple St</td>
</tr>
<tr>
<td>$</td>
<td>Partners</td>
<td>365 Crown St</td>
</tr>
<tr>
<td>$</td>
<td>Pho Ketkeo</td>
<td>21 Temple St</td>
</tr>
<tr>
<td></td>
<td>Pitaziki</td>
<td>170 Temple St</td>
</tr>
<tr>
<td>$</td>
<td>Prime 16</td>
<td>172 Temple St</td>
</tr>
<tr>
<td></td>
<td>Rubamba</td>
<td>25 High St</td>
</tr>
<tr>
<td>$</td>
<td>Rudy’s</td>
<td>1227 Chapel St</td>
</tr>
<tr>
<td>Business</td>
<td>Address</td>
<td></td>
</tr>
<tr>
<td>------------------</td>
<td>------------------</td>
<td></td>
</tr>
<tr>
<td>Seoul</td>
<td>343 Crown St</td>
<td></td>
</tr>
<tr>
<td>Shake Shack</td>
<td>986 Chapel St</td>
<td></td>
</tr>
<tr>
<td>Taste of China</td>
<td>954 Chapel St</td>
<td></td>
</tr>
<tr>
<td>The Boiling Crab</td>
<td>72A Church St</td>
<td></td>
</tr>
<tr>
<td>Three Sheets</td>
<td>372 Elm St</td>
<td></td>
</tr>
<tr>
<td>Union League</td>
<td>1032 Chapel St</td>
<td></td>
</tr>
<tr>
<td>Via</td>
<td>260 Crown St</td>
<td></td>
</tr>
<tr>
<td>Zinc</td>
<td>966 Chapel St</td>
<td></td>
</tr>
</tbody>
</table>

**Broadway/ York St.**

<table>
<thead>
<tr>
<th>Business</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junzi Kitchen</td>
<td>21 Broadway</td>
</tr>
<tr>
<td>Gryphon’s Pub</td>
<td>204 York St</td>
</tr>
<tr>
<td>Maison Mathis</td>
<td>304 Elm St</td>
</tr>
<tr>
<td>Mory’s</td>
<td>306 York St</td>
</tr>
<tr>
<td>Sherkaan</td>
<td>65 Broadway</td>
</tr>
<tr>
<td>Tomatillo</td>
<td>320 Elm St</td>
</tr>
<tr>
<td>Yorkshire Pizza</td>
<td>288 York St</td>
</tr>
</tbody>
</table>

**East Rock/ Whitney**

<table>
<thead>
<tr>
<th>Business</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>August</td>
<td>3 Edwards St</td>
</tr>
<tr>
<td>One 6 Three</td>
<td>163 Foster St</td>
</tr>
<tr>
<td>Restaurant</td>
<td>Address</td>
</tr>
<tr>
<td>---------------------</td>
<td>---------------------</td>
</tr>
<tr>
<td>Archie Moore’s</td>
<td>188 1/2 Willow St</td>
</tr>
<tr>
<td>Au Chalet</td>
<td>24 Whitney Ave</td>
</tr>
<tr>
<td>BBQ Chicken</td>
<td>56 Whitney Ave</td>
</tr>
<tr>
<td>Crepes Choupette</td>
<td>24 Whitney Ave</td>
</tr>
<tr>
<td>Da Legna</td>
<td>858 State St</td>
</tr>
<tr>
<td>El Segundo</td>
<td>367 Orange St</td>
</tr>
<tr>
<td>Goodfellas</td>
<td>702 State St</td>
</tr>
<tr>
<td>Great Wall</td>
<td>67 Whitney Ave</td>
</tr>
<tr>
<td>Hunan House</td>
<td>32 Orange St</td>
</tr>
<tr>
<td>Jordan’s Hot Dogs</td>
<td>970 State St</td>
</tr>
<tr>
<td>L’Orcio</td>
<td>806 State St</td>
</tr>
<tr>
<td>Mezcal</td>
<td>14 Mechanic St</td>
</tr>
<tr>
<td>Modern Apizza</td>
<td>874 State St</td>
</tr>
<tr>
<td>Next Door</td>
<td>175 Humphrey St</td>
</tr>
<tr>
<td>NOLO</td>
<td>687 State St</td>
</tr>
<tr>
<td>Oak Haven</td>
<td>932 State St</td>
</tr>
<tr>
<td>Olmo</td>
<td>93 Whitney Ave</td>
</tr>
<tr>
<td>Pokemoto</td>
<td>99 Audubon St</td>
</tr>
<tr>
<td>Rice Pot</td>
<td>1027 State St</td>
</tr>
<tr>
<td>Salad Shop</td>
<td>9 Whitney Ave</td>
</tr>
<tr>
<td>Sitar</td>
<td>45 Grove St</td>
</tr>
<tr>
<td>Icon</td>
<td>Name</td>
</tr>
<tr>
<td>------</td>
<td>--------------------</td>
</tr>
<tr>
<td>🍴</td>
<td>Steamed</td>
</tr>
<tr>
<td>★</td>
<td>The Pantry</td>
</tr>
<tr>
<td>🇹🇭</td>
<td>September in Bangkok</td>
</tr>
<tr>
<td>🍴</td>
<td>Tavern on State</td>
</tr>
</tbody>
</table>

**Wooster Square**

<table>
<thead>
<tr>
<th>Icon</th>
<th>Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>🍴</td>
<td>Abate’s</td>
<td>129 Wooster St</td>
</tr>
<tr>
<td>🍴</td>
<td>Adriana’s</td>
<td>771 Grand Ave</td>
</tr>
<tr>
<td>🍴</td>
<td>Cody’s Diner</td>
<td>95 Water St</td>
</tr>
<tr>
<td>🍴</td>
<td>Consiglio’s</td>
<td>165 Wooster St</td>
</tr>
<tr>
<td>🔷</td>
<td>Frank Pepe’s</td>
<td>157 Wooster St</td>
</tr>
<tr>
<td>★</td>
<td>Sally’s Apizza</td>
<td>237 Wooster St</td>
</tr>
<tr>
<td>💰</td>
<td>Tre Scalini</td>
<td>100 Wooster St</td>
</tr>
</tbody>
</table>
# Coffee and Desserts

<table>
<thead>
<tr>
<th>🌟</th>
<th>Arethusa Farm Dairy</th>
<th>1020 Chapel St</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Ashley’s Ice Cream</td>
<td>280 York St</td>
</tr>
<tr>
<td></td>
<td>Blue State Coffee</td>
<td>276 York St</td>
</tr>
<tr>
<td></td>
<td></td>
<td>84 Wall St</td>
</tr>
<tr>
<td></td>
<td></td>
<td>320 Congress Ave</td>
</tr>
<tr>
<td></td>
<td></td>
<td>534 Orange St</td>
</tr>
<tr>
<td></td>
<td>The Coffee Pedaler</td>
<td>605 East St</td>
</tr>
<tr>
<td></td>
<td>Donut Crazy</td>
<td>290 York St</td>
</tr>
<tr>
<td></td>
<td>East Rock Coffee</td>
<td>49 Cottage St</td>
</tr>
<tr>
<td>🌟</td>
<td>Fussy Coffee</td>
<td>290 Winchester Ave</td>
</tr>
<tr>
<td></td>
<td>Insomnia Cookies</td>
<td>240 College St</td>
</tr>
<tr>
<td></td>
<td>Katalina’s Bakery</td>
<td>74 Whitney Ave</td>
</tr>
<tr>
<td></td>
<td>Koffee?</td>
<td>104 Audubon St</td>
</tr>
<tr>
<td></td>
<td>Libby’s Italian Pastry Shop</td>
<td>139 Wooster St</td>
</tr>
<tr>
<td></td>
<td>Lucibello’s Italian Pastry Shop</td>
<td>935 Grand Ave</td>
</tr>
<tr>
<td></td>
<td>Poppy’s Coffee and Kitchen</td>
<td>374 Whitney Ave</td>
</tr>
<tr>
<td></td>
<td>Starbucks</td>
<td>1068 Chapel St</td>
</tr>
<tr>
<td>🌟</td>
<td>Taichi Bubble Tea</td>
<td>200 College St</td>
</tr>
<tr>
<td></td>
<td>Vivi Bubble Tea</td>
<td>940 Chapel St</td>
</tr>
<tr>
<td></td>
<td>The Whale Tea</td>
<td>48 Whitney Ave</td>
</tr>
<tr>
<td></td>
<td>Willoughby’s</td>
<td>194 York St</td>
</tr>
<tr>
<td></td>
<td></td>
<td>258 Church St</td>
</tr>
</tbody>
</table>
## Breweries

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

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 lighthouse 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.
Farmers’ Markets

CitySeed
Multiple markets around the New Haven area. Visit www.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 www.farmingtoncanal.org for more information.
Health and Wellness

Health

Yale Health Coverage

Wellness @ Yale
  Payne-Whitney Gym
  Physical Education Classes

Wellness in New Haven

Family Life

Disability Services

LGBTQ+ Resources
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 Student Health – (203) 432-0312

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.

Yale Acute Care – (203) 432-0123

If you fall ill suddenly and cannot make an appointment through Student Health, call Yale Acute Care. Acute Care is always available for walk-in appointments, though waits can be long. If your illness is urgent, it is safest to call 911.

Mental Health and Counseling – (203) 432-0290

Mental health and counseling appointments are available for all graduate students. Though wait times for an appointment can be long, the Mental Health and Counseling department can transfer you to an on-call counselor and other services for urgent care. In case of emergency call 911 or walk into Urgent Care.

Chaplain’s Office - (203)-432-1128

The Chaplain’s Office is open to students who prefer a faith-based counseling option. Visit: chaplain.yale.edu
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/request-yale-health-member-ID-card to You will need this for all Yale Health appointments as well as emergency care outside of the YNHH system.

MyChart
MyChart is a great 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: mychart.ynhhs.org/ mychart/accesscheck.asp. You can also download the My-Chart app for mobile access.

Pharmacy – (203) 432-0033
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.
Yale Health Coverage

Yale Health Center 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 Basic Coverage
Student Health  Acute Care  Nutrition
Gynecology  Laboratory  Inpatient Care
Mental Health & Counseling
Athletic Medicine (for varsity athletes)

Yale Health Hospitalization Specialty Care Coverage
Allergy  Endocrinology  Ophthalmology
Dermatology  Gastroenterology  Orthopedics
Hospital Services  Physical Therapy  Neurology
Urology  Obstetrics  Oncology  Ear, Nose & Throat  Diagnostic Imaging  Emergency Services
Infectious Diseases

NB: 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 (pg 54) 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
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

**Academic Year:** Mon-Fri 6am-11pm; Sat-Sun 9:30am-8pm  
**Summer:** Mon-Fri 6am-8pm; Sat-Sun 10am-2pm

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

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

<table>
<thead>
<tr>
<th>Cardio</th>
<th>Boot Camp, Cardio-Kickboxing, Circuit Fusion, Sculpt &amp; Tone, Spinning, Sweat City Circuit Training &amp; Zumba</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dance</td>
<td>Tango, Ballet, Modern Dance, Salsa, Pregnancy fitness &amp; Mom and Baby Fitness</td>
</tr>
<tr>
<td>Martial Arts</td>
<td>Tae Kwon Do, Self-defense, &amp; Cardio-Kickboxing</td>
</tr>
<tr>
<td>Sports Skills</td>
<td>Fencing, Swimming, Yoga &amp; Spin</td>
</tr>
</tbody>
</table>

Visit: sportsandrecreation.yale.edu/fitness-wellness-programs

**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., E. Lyme, 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

<table>
<thead>
<tr>
<th>Gym/Fitness Studio</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Coast YMCA</td>
<td>12040 Chapel St</td>
</tr>
<tr>
<td>City Climb Gym</td>
<td>342 Winchester Ave</td>
</tr>
<tr>
<td>Crossfit New Haven</td>
<td>1175 State St</td>
</tr>
<tr>
<td>PoleFly Aerial Fitness</td>
<td>214 Wooster St</td>
</tr>
<tr>
<td>Fresh Yoga</td>
<td>319 Peck St</td>
</tr>
<tr>
<td>Breathing Room Yoga</td>
<td>216 Crown St</td>
</tr>
<tr>
<td>New Haven Ballet</td>
<td>70 Audubon St</td>
</tr>
<tr>
<td>mActivity</td>
<td>285 Nicoll St</td>
</tr>
</tbody>
</table>

### Day Spas

<table>
<thead>
<tr>
<th>Day Spa</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elm City Wellness</td>
<td>774 Orange St</td>
</tr>
<tr>
<td>Naturegene Herb Store</td>
<td>75 Whitney Ave</td>
</tr>
<tr>
<td>Wellness Haven</td>
<td>22 Trumbull St</td>
</tr>
</tbody>
</table>
## Meditation

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shambala Center</td>
<td>85 Willow St</td>
</tr>
<tr>
<td>New Haven Insight</td>
<td>Dwight Hall, 67 High St</td>
</tr>
<tr>
<td>New Haven Zen Center</td>
<td>193 Mansfield St</td>
</tr>
<tr>
<td>Breathing Room</td>
<td>216 Crown St</td>
</tr>
<tr>
<td>Elm City Wellness</td>
<td>774 Orange St</td>
</tr>
<tr>
<td>Elm Village</td>
<td>50 Winnett St, Hamden</td>
</tr>
<tr>
<td>The Good Life Center</td>
<td>505 College St</td>
</tr>
<tr>
<td>One Village Healing</td>
<td>216 Crown St</td>
</tr>
</tbody>
</table>
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 2022-2023 can be found at yalehealth.yale.edu/student-rates-2022-2023.

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: https://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: https://babysitting.ys.yale.edu/
Disability Services

Yale Resource Office on Disability
visit: https://rod.yale.edu/

Yale Center for Dyslexia and Creativity
visit: http://dyslexia.yale.edu/

Yale Office of Equal Opportunity
visit: https://equalopportunity.yale.edu/

Yale Special Services Transportation Requests
visit: https://to.yale.edu/special-services-0

New Haven Disability Services
visit:
https://www.newhavenct.gov/gov/depts/disability_services/

Connecticut State Office of Protection and Advocacy for Persons with Disabilities
visit: https://www.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.

visit: https://lgbtq.yale.edu/resources/queer-grads-mailing-list

New Haven LGBTQ+ Youth Task Force
New Haven Pride Center
visit: http://www.newhavenpridecenter.org/

New Haven Gay Bars
(1) Partners (365 Crown St)
(2) 168 York Street Cafe

Housing and spousal support for LGBTQ couples
visit: https://livingnh.yale.edu/lgbt-resources

LGBTQ services at Yale Health
visit: https://yalehealth.yale.edu/more/lgbtq-health

New Haven celebrates Pride every year in September!
Safety and Transportation

Campus Safety

The Yale Shuttle System

Weekday
Weekend
Night-time
Adverse Weather
Door to Door
Fixed Time Shuttles

Travel Around New Haven

Biking In New Haven

Places to Explore by Bike
Bike Shops
Bike Communities
Bike Safety Tips

Travel Out of New Haven

By Car
By Bus
By Train
By Plane
Getting to the Airport
Having a Car
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.

**For Emergencies, Call 911**

Otherwise, call Yale Police at (203) 432-4400.

**Blue Phones**

Call boxes 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: to.yale.edu/shuttle

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 view shuttle stop locations, the shuttle lines and current position (combination of GPS + travel prediction data) of the shuttles download the DoubleMap app.

QR-Code:
Weekday

The *Blue Line* (7am-1am) connects the Prospect (uphill) and Whitney (downhill) areas with York and College streets downtown all the way to the Medical School.

The *Orange Line* (7am to 11pm) runs on a similar path as the Blue Line but runs through East Rock, traveling down Foster and Orange Street instead of Whitney Ave.

The *Red Line* (5:35am to 7pm) 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* (7am to 8:30pm) and *Purple line* (7am to 11:30pm) will bring you to and from West Campus and the Science Hill and Medical School campuses, respectively.
The Yale Shuttle System

Night-time

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 DoubleMap app (see apps page 12).

Weekend

The Weekend Blue Line starts at 8:10 am and follows the weekday Blue line route with three exceptions.
It travels:
1) to Stop&Shop for weekend shopping
2) down Orange Street (instead of Whitney Ave)
3) to Union Station
After 6pm, it reverts to the standard route.
The Weekend Purple combines stops of the Green and Purple Lines into one line.

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 Whitney and Humphrey, past HHH, College and Wall, and returning to Science Hill.
Fixed-Time Shuttles

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

Transportation Van for students with temporary or permanent mobility struggles.
visit: https://to.yale.edu/special-services-0
Travel Around New Haven

When it comes to traveling within New Haven, the Yale Shuttle and Uber are your best bets. Here is a list of other services that may come in handy, visit: to.yale.edu/car-free

**Yale Shuttle System** (see pages 69 - 73)

**Uber**

**Lyft**

**ZipCar**

**CT Transit** (fares: Free bus usage until November 2022; $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:**

- **Metro Taxi** 203-777-7777
- **Yellow Taxi** 203-777-7770
- **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

Farmington Canal Trail
visit: fchtrail.org/pages/default.asp
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.

ProTip!
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.
Biking in New Haven

Bike Communities in New Haven

Yale Cycling Team
visit: http://www.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: http://newhavenbicyclingclub.org
Bike club ranging from commuters to racers and puts on frequent rides and events in the community

New Haven Bike Party
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 visit: newhavenbikeparty.wordpress.com

Bradley Street Bike Co-op
visit: http://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. Visit:
elmcitycyclingwebsite.files.wordpress.com/2012/12/cityofnewhaven5.pdf

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: bmsweb.med.yale.edu/tms/tms_enrollments.offerings?p_crs_id=2410

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 https://to.yale.edu/bike-rack-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. Visit: yale.edu/travel

By car

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

Rental Cars
These come in handy if you need to travel somewhere one-way or for longer distances. For sure use the Yale discount (visit: travelmanagement.yale.edu). Make sure to use the correct code for leisure or business travel as appropriate.

By Bus

CT Transit (visit: www.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 ticket to get to Philadelphia and Washington DC.

Megabus (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 Spring- field, 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 on-board for an additional surcharge.
Travel Out of New Haven

By Plane

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

Tweed New Haven Airport (HVN)
Only services Avelo.

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: 2theairport.com)
To and from JFK, LaGuardia, Newark, and White Plains-Westchester. The fare is about $70 one-way with the student discount.

**Public Transport to 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: https://www.cttransit.com/services/bradley-flyer)

**A Cheap Way to JFK**
Take the Metro North Train to Grand Central Station ($17.75, off-peak). Outside Grand Central, buy tickets from NYC Airport agents who run shuttle buses to JFK ($18) ny-airport.com. Shuttles run every 30-45 minutes and take you directly to your terminal.

**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’ll need exact change and can buy the ticket on the sidewalk near the M60 stop or at the airport.

**Direct travel to Newark**
Use the Amtrak Northeast Regional line. The Newark train station is attached to the airport terminal!
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 or an out of state 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! 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).
Academic Advising

Mentorship
  Activities with a Faculty Mentor
  Additional Mentorship

Academic and Administrative Life
  Financials and Funding

Diversity and Inclusion Resources
  Reporting Misconduct
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 Guidebook**
The graduate school has published recommendations for best practices regarding the student-advisor relationship, which can be found on the GSA website. These guidelines can be a great place to start as you work to develop and maintain a successful relationship with your advisor.

**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**
visit: 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.
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
 gsas.yale.edu
For a full meal with a faculty mentor, the GSAS will provide meal tickets for use at several campus dining locations.

FEAST
 gsas.yale.edu
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, your career, and your 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
gsas.yale.edu
This program, run by the OGSDD, allows graduate students to receive mentorship from other graduate students, post-docs, 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:** ctl.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 umbrella of 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
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.
Financials and Funding Opportunities

GSA Conference Travel Fellowship
gsa.yale.edu
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.

Dean’s Fund for Student-Organized Symposia
gsas.yale.edu/academic-professional-development/colloquia-symposia-other-initiatives/symposia
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.

Direct Deposit
To set up direct deposit, visit the Yale portal (visit: portal.yale.edu). Select “My Pay and Info” and then “Pay.” Here you can select “Payment Elections” to input bank information for direct deposit of your stipend.

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.

Dean’s Emergency Fund
https://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 - 203-432-2000

55 Lock St. - Ground Floor
(Sexual Harassment and Assault Response and Education Center) SHARE is a 24/7 resource available to the community. You can call anytime, or drop into the office on weekdays during business hours. 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 - 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.

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.

Dean’s Designees for the Graduate School:
Michelle Nearon - (203)-436-1301
michelle.nearon@yale.edu

Denzil Streete - (203) 436-4171
denzil.streete@yale.edu

Title IX Coordinators
You can contact the University Title IX Coordinator, Stephanie Spangler at 203-432-4446 (during working hours) or email: 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.
Diversity and Inclusion Resources

Office for Equal Opportunity Programs
The Office for Equal Opportunity Programs 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. For more information, visit: equalopportunity.yale.edu

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 for Equal Opportunity Programs. (See page 12)