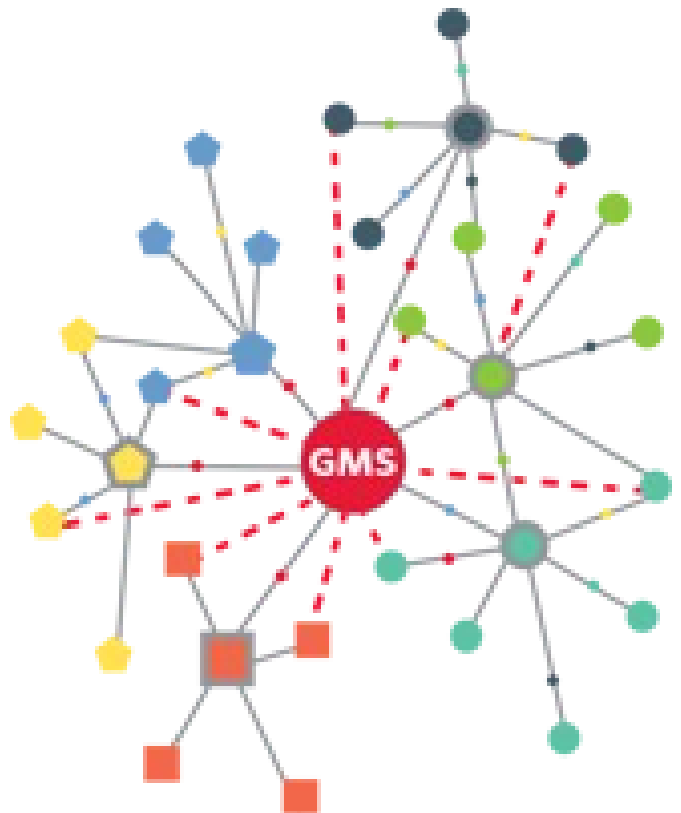


RedGuide

2014-2015

Graduate Medical Sciences



BOSTON
UNIVERSITY

Welcome!

On behalf of the GMS students, welcome to the Boston University School of Medicine!

To help you achieve success here at BUSM, you have several resources at your disposal. The university proudly employs top-notch professors and doctors willing to guide and mentor you every step of the way towards your graduate degree. The Graduate Medical Sciences Student Organization (or GMSSO) serves as your liaison to the faculty and staff. All graduate programs are represented at our meetings to make sure that your ideas and concerns are heard. Let us help you make the most of your graduate career!

This survival guide was created for GMS students by current and former GMS students and is updated yearly. Within this document, you can find helpful information and links about important aspects graduate life. Topics include transportation, where to eat, popular study spots, and who to talk to in the GMS office; you will find it all here. Take a look, have some fun, and have a great and successful year!

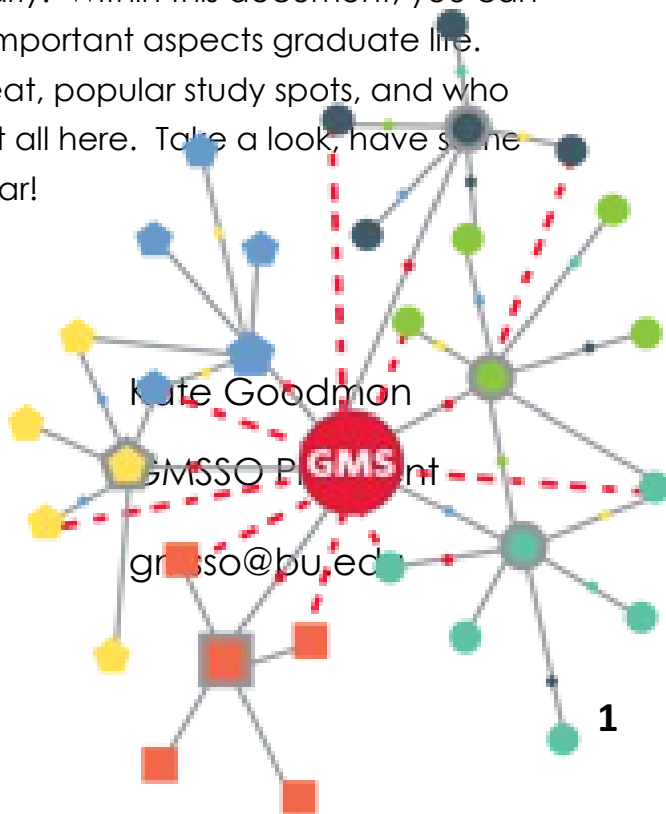
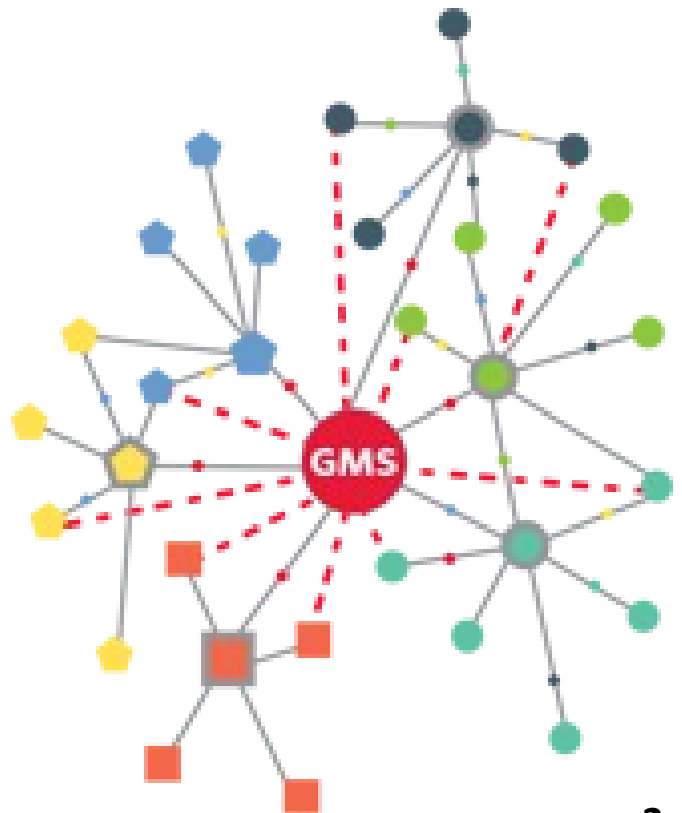


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Campus Life

72 E. Concord Street



❖ Boston University Medical Center Mail Services

*School of Medicine Basement
Mon - Fri , 10am - 4pm
(617) 638-7500*

❖ BU Medical Campus Public Safety Department

*750 Albany St.
Boston, MA 02118
(617) 414-444*

❖ City Convenience

*700 Albany St.
Boston, MA 02118*

❖ FedEx Kinko's

*715 Albany St.
Boston, MA 02118
Mon-Friday 7:30am
-7:30pm*

❖ Terrier ID Office

*710 Albany St.
Boston, MA 02118
Mon-Fri 7am-9am,
12:30-3:00pm*

❖ ATMs

❖ Bank of America
next to FedEx
Kinko's

❖ Bank of America
on the second

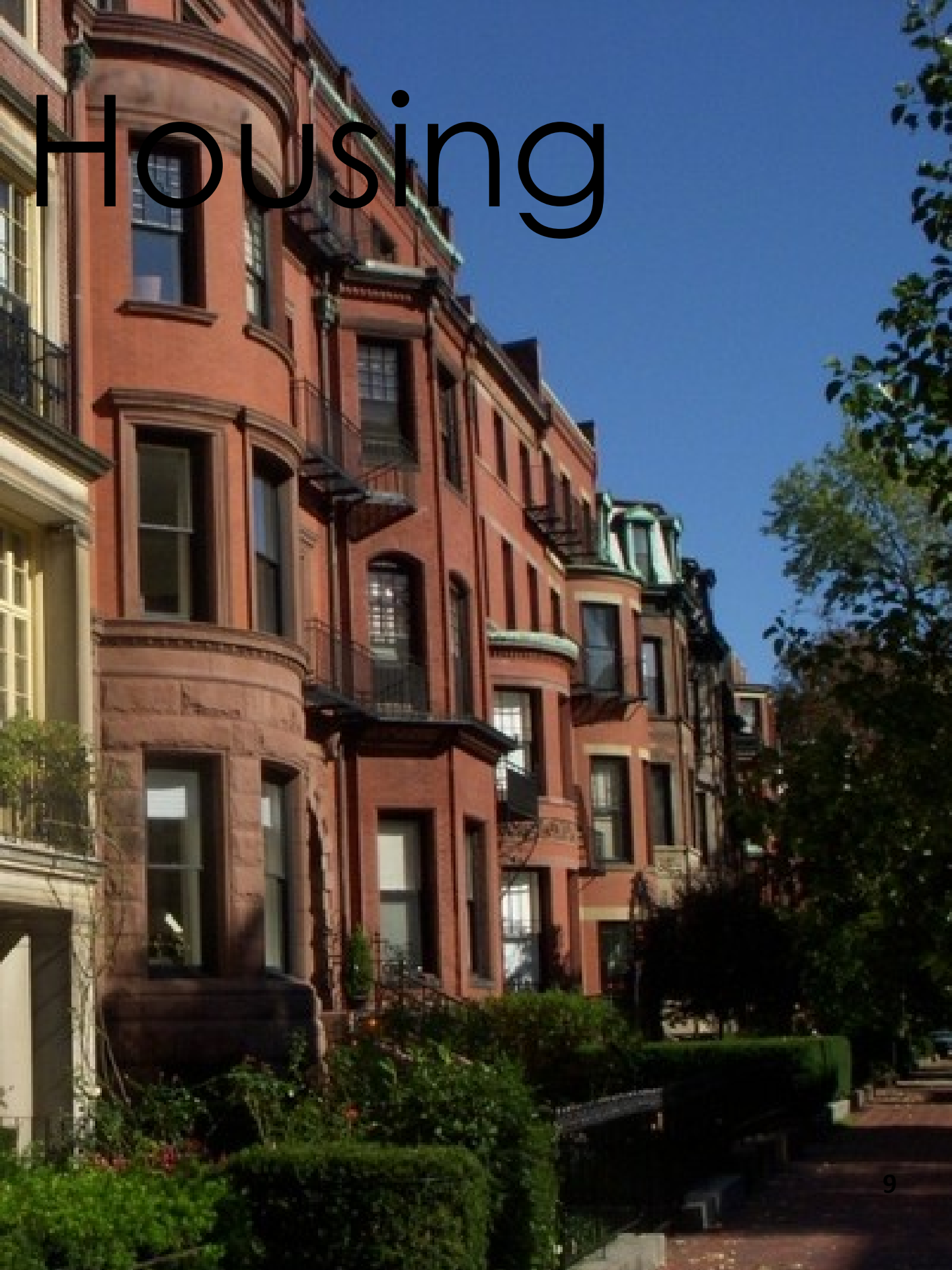
Transportation



- ❖ **For any transportation questions:** www.bumc.bu.edu/transcomm/
- ❖ **BU Shuttle.** The BUS is a free shuttle that runs back and forth between BU's Charles River Campus and the Medical Campus. Starting at Agganis Arena, it makes multiple stops along Commonwealth Avenue and down Massachusetts Ave to 710 Albany Street. Check out the schedule on the shuttle website. The BUS does not run on weekends or holidays. You can track the shuttle's whereabouts through the mobile app "TransLoc" or via the BU Mobile App (for iPhone users).
- ❖ **Evening Shuttle:** The Evening Shuttle (617-638-7473) is a white van that makes stops at the local subway stations, school parking lots and other locations within the South End free of charge. You can find it parked outside 710 Albany Street. The evening shuttle leaves at 5:15 PM and then on the hour starting at 6 PM (within a one mile radius or closest T stop).
- ❖ **Public Transportation.** The MBTA is a great option to travel around town and to surrounding areas. Services include the subway, buses, commuter rail and commuter boats. Full time students can purchase discounted semester passes by filling out an order form and picking up the pass from the Parking and Transportation Office in the 710 Albany Street Garage. Accessing the MBTA without a pass is also possible, either pick up a CharlieTicket or CharlieCard (See the MBTA website for details). If you live in the South End, it is advisable to use a CharlieCard instead of unnecessarily purchasing a monthly pass.

To get around using the MBTA, click the public transportation option when using the directions mode of Google Maps. The buses and most of the subway lines are now also equipped with GPS and are trackable (The MBTA has a page dedicated to downloadable tracking apps).

- ❖ **Bicycles.** For people who aren't too experienced with bikes, Boston's streets and drivers can be a little intimidating. Nevertheless, the city has gradually become extremely bike friendly. In the downtown area there are bike paths along most major roads, and the city's new Hubway program lets you rent out bikes from numerous stations for a reasonable price. A new Hubway is now located on E. Concord Street by the BUSM! Bike racks can be found in front of most of the medical buildings. Talk to the Parking and Transportation office (617-638-7473) for information on bike routes, safety, and reserving a space in the bike cage located in front of the Newton Pavillion (\$20 per year). Otherwise lock your bike and seat carefully. Always wear a helmet!
- ❖ **Cars.** You do not need a car to get around the city! Many people who initially bring their cars with them wish they hadn't since having a car can be a hassle. If you choose to keep a car in the city, you will be required to obtain a resident parking permit for your area. A helpful alternative is ZipCar, which allows you to rent a car from one of hundreds of locations within the city for an hourly fee (usually \$8-\$12 per hour, gas and insurance included). BU students can sign up for a discounted yearly membership.
- ❖ **Taxis.** There are several large cab companies in the city. MetrolCab (617- 782-5500) is one of the more reliable companies. Uber is an iPhone and Android application that provides users with a personal car service anywhere in the City of Boston. The service is more expensive than a normal taxi and offers both Lincoln Town Cars and 7-seater SUVs.



Housing

- 
- ❖ **Housing Resources**
 - ❖ **BUMC housing FAQs is incredibly helpful**

- ❖ **The Office of Housing Resources**

715 Albany St., Room A 406

Boston, MA 02118

(617) 638-5125

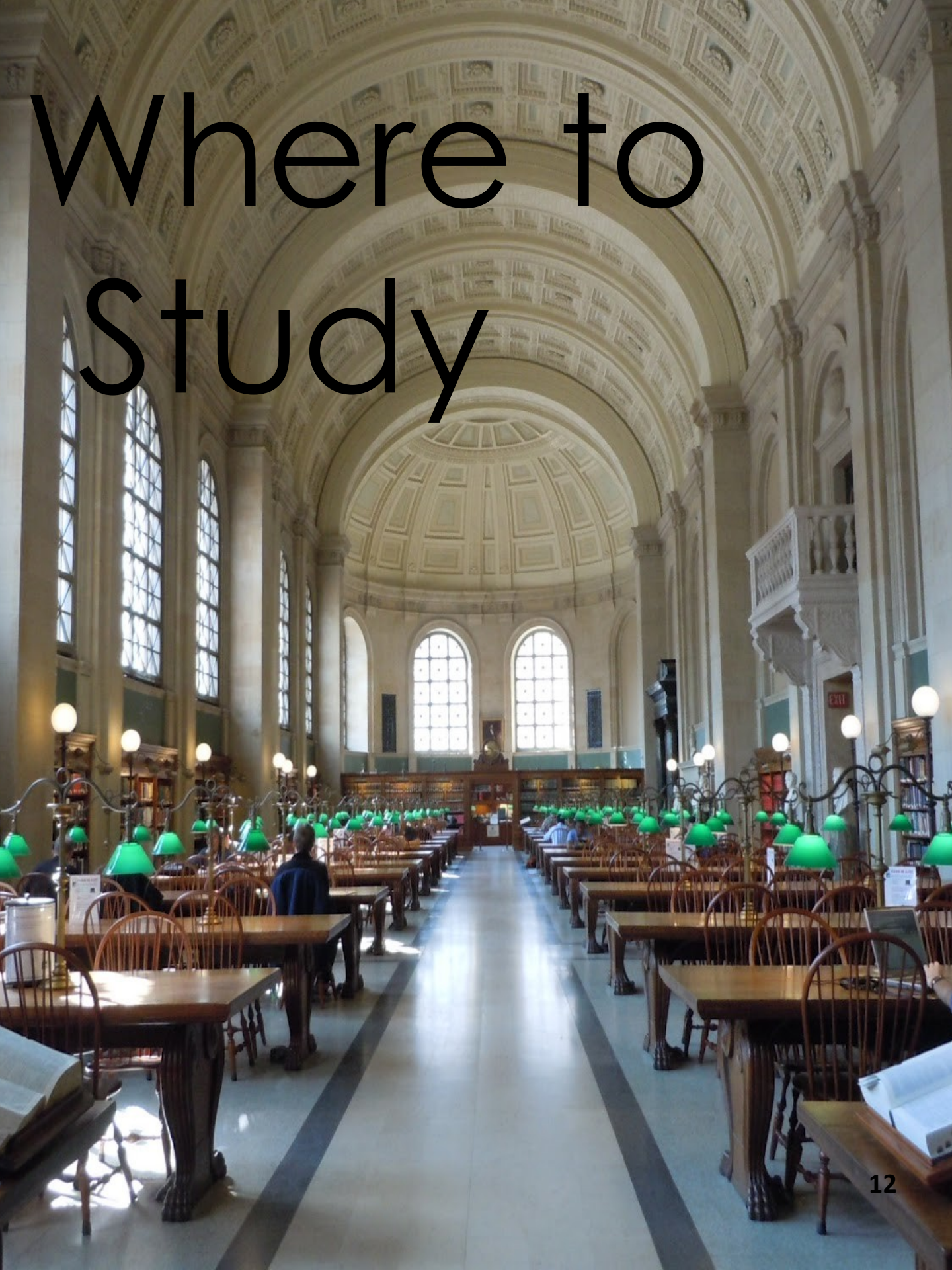
Email: ohr@bumc.bu.edu

- ❖ **Boston University Off Campus Housing Page**

❖ **Neighborhoods and Rent**

- ❖ If you are apartment hunting in the city, it is important to be familiar with the areas in which you are looking. Be sure to search the [Boston Crime Statistics and Safety website](#) before you make your final decision.
- ❖ If you need to help putting apartment rent prices in perspective, you might find the following [link](#) very helpful. Keep in mind that rent varies greatly from location to location within Boston and the closer you look to BUMC, the pricier apartments get. However, the BU Shuttle and public transportation make living off campus quite feasible.
- ❖ The BU off campus website also has great webpages [outlining Boston's neighborhoods](#) as well as [important tips](#) to consider when signing a lease.

Where to Study



❖ Libraries

- ❖ **Alumni Medical Library.** This library has a variety of accessible resources. If you have any questions about books, e-books, journals etc, don't hesitate to ask the front desk. If you require assistance with your research, the library staff will be delighted to assist you. Water coolers on the 11th and 13th floor have hot and cold water, great to make fresh tea as a study treat! The library has good climate control and food is permitted. Printing on the 11th and 12th floor. Students are given a \$12 printing card each semester.

- ❖ 12th floor: Group tables with outlets, ample natural light.

People often whisper and talk on this floor.

- ❖ 11th floor: Individual desks and large tables, computer labs and technical support. There is also a lounge with vending machines.

- ❖ 13th floor: Individual desks and large tables. A couple study rooms are located along the back wall.

- ❖ Keep in mind that elevator access to the Alumni Medical Library is limited to the 12th floor. However, the 11th and 13th floors can be accessed by those with special accessibility needs.

- ❖ 7th Floor Evans Building has study rooms

- ❖ **Mugar Undergraduate Library.** Mugar is easily accessed from the medical campus by the BU shuttle service. Mugar has good hours during the school year, but large group study tables are hard to come by during midterm and finals seasons. *GMS* students

- ❖ **Boston Public Library**. This beautiful library has limited hours in comparison to the BU libraries and is closed on Sundays. Located in the heart of the Back Bay, Boston Public Library is a quiet, productive place to study. It is also surrounded by wonderful places to eat and a great social scene in the evening. Library card holders also have discounted museum passes!
 - ❖ There is also a smaller South End branch closer to the Med Campus.

❖ **Study Rooms**

- ❖ The medical school building is open 24 hours and the classrooms are available to students as long as there are no scheduled classes. Class schedules are posted on the doors of the classrooms so student can check when they are occupied. The classrooms offer blackboards, whiteboards and projectors that make them great tools for group studying. Rooms on the first and second floor and the glass room behind the security desk are often used as study rooms. Rooms in the Evans building are also often used.
- ❖ **Please keep track of your belongings.** While the medical campus is very safe, it is always prudent to develop good personal security habits. Therefore, it is best to never leave your personal belongings unattended.

❖ Coffee Shops

- ❖ **Jaho:** Close to campus, mellow music and a large tea selection.

1651 Washington St.
Boston, MA 02118
(617) 236-1680

- ❖ **Code 10:** Quiet during most of the day so tables are always available, except lunch time. Great sandwiches and salads and the most friendly service. Ice cream or frozen yogurt is a great study treat.

1638 Washington St.
Boston, MA 02118
(617) 375-6333

- ❖ **Blue State Coffee Shop:** Great coffee and great study environment.

957 Commonwealth Ave.
Boston, MA 02215
(617) 254-0929

- ❖ **Starbucks:** A few locations in the upper part of the South End but the Boylston Location has the most seating and is occupied mostly by students.

755 Boylston St.
Boston, MA
02116
(617) 450-0310

627 Tremont St.
Boston, MA
02118
(617) 236-7879

273 Huntington
Ave.
Boston, MA 02215
(617) 536-6501

- ❖ **Dunkin' Donuts:** A couple of spots close to the medical campus.

616 Mass Ave.
Boston, MA 02118
(617) 617-859-9996

850 Harrison Ave. (BMC Amb.
Care) Boston, MA 02118
(617) 247-5641

Activities in Boston



❖ **Outdoors**

- ❖ **Beaches.** A few worthwhile beaches in the area: Revere Beach, Wollaston Beach, and Pleasure Bay in South Boston (check out the historic Fort Independence on Castle Island).
- ❖ **Parks.** There are probably local parks wherever you decide to live, but the notable ones in Boston include the downtown Boston Common (the frog pond freezes into an ice-skating rink), the Arnold Arboretum, the Back Bay Fens, the Cambridge Commons, the Bunker Hill Monument, and Jamaica Pond.
- ❖ **Waterfront.** The Esplanade along the Charles River and the Long Wharf (take a ferry out to the Boston Harbor Islands) are ideal spots to visit. BU's Sailing Pavilion is open to BU Students for the kayak and canoe-inclined (Easter Egg: Check out Codzilla).

❖ **Indoors**

- ❖ **Movies.** For big releases, try the Regal Fenway 13 (a block from Fenway Park) or AMC Lowes (on the Boston Common). Using your BU ID, you can buy movie tickets to these theaters and all Showcase Cinemas for \$8 each (Inquire at the ticket window near the 2nd floor ATM of BUMC's East Newton Pavilion). For independent films, the Coolidge Corner Theatre in Brookline or the Kendall Square Cinema in Cambridge are good bets. In the summer, try catching a "Movies by Moonlight" flick at the wharf at Boston Harbor Hotel

- ❖ **Museums.** There are a host of incredible museums in Boston, including the Museum of Science, the Museum of Fine Arts (free for university students!) the Harvard Museum of Natural History, and yes...the Museum of Bad Art. Join their e-mail lists for event news, including the monthly "Gardner After Hours" at the gorgeous Isabella Stewart Gardner Museum. The Aquarium and the Franklin Park Zoo are also good bets.
- ❖ **Nightlife.** Subscribe for events at Howl at the Moon (dueling piano bar), the Goodlife (home of the monthly Middle School Dance), Royale Nightclub, Clerys, Lansdowne Street, and the infamous Alley (Estate, Liquor Store, Gypsy Bar). Around the medical campus, Wally's Cafe Jazz Club and the Beehive are worthwhile visits. There are plenty more nightclubs in Boston; depending on what your flavor of crowd/environment is, there will be a venue suited for you. Trivia is great around here too!
- ❖ **Good Brews.** Try Bukowski Tavern off of Boylston Street, Sunset Grill in Brighton, or the Publick House in Brookline. The Samuel Adams and Harpoon Breweries are both accessible by MBTA.

❖ Shopping

- ❖ The city is brimming with small shops wherever you turn, but some key shopping spots include Newbury Street, the Prudential Center (Easter Egg: Check out the Skywalk Observatory), Faneuil Hall, Harvard Square and the Cambridge Side Galleria.

❖ **Live Entertainment**

- ❖ **Concerts.** TD Banknorth Garden is the place for big name events.
Additional concert venues to check out are BU's own Agganis Arena, Paradise Rock Club, the Middle East, Church, Royale, Scullers Jazz Club, and the Wilbur, Orpheum, and Wang Theaters. For those with access to a car, stadiums such as the Comcast Center (Mansfield), the Tsongas Center (Lowell), and the Gillette Stadium (Foxboro) regularly host large events.
- ❖ **Student Events.** The Berklee Performance Center, the Tsai Performance Center (at BU), and the New England Conservatory often host student shows.
- ❖ **Sports (BU).** Students can pick up a Sports Pass at Agganis Arena to watch Terrier sports. Be sure to check out our Terriers Ice Hockey squad, one of the most decorated teams in college sports history! Intramural sports of almost any flavor are also available.
- ❖ **Sports (Professional).** Fenway Park, the nation's oldest ballpark, is a BU Shuttle ride away. At the North Station T Stop, the TD Banknorth Garden is home to our beloved Celtics and Bruins. From South Station and Back Bay Station, there are commuter rail trains available to Gillette Stadium so you can check out some good ol' fashioned Patriots football.
- ❖ **Symphony Hall.** You can obtain a free college card through the GMS office. Once you join the e-mail list you will receive e-mails for shows you can attend free of charge.

❖ **Personal Fitness**

- ❖ **Gyms (BU-Affiliated).** BU's main campus has a state-of-the-art Fit ness and Recreation Center (FitRec), complete with a rock climbing wall, racquetball courts, pools, a mini-lazy river, and all the machines you can ask for. Full time students can use the gym free of charge (you must first complete an agreement form on the StudentLink or at the FitRec front desk). Close to the medical campus, the South End Fitness Center is available to full time GMS students for \$180 per school year.
- ❖ **Gyms (Alternate).** BU-affiliated gyms are the cheapest options, but alternate gyms include the Fenway or South End Boston Sports Club, Gold's Gym, and the Huntington Ave YMCA.
- ❖ For running/biking paths, try the Charles River Esplanade, the Back Bay Fens, Jamaica Pond, the Arnold Arboretum, and the Boston HarborWalk.

❖ **Other Boston Notables**

- ❖ **Faneuil Hall.** This building served as a meeting hall since 1742, and the marketplace is a supermagnet for Boston tourists. Plenty of outdoor shopping, food, souvenirs, etc.
- ❖ **North End.** This is conveniently located within walking distance of Faneuil Hall (on Haymarket T Stop), and is a prime spot for Italian food (Giacomo's, and world-renowned Mike's Pastry).
For the comedy-inclined, Improv Asylum is great for a laugh.

❖ **Explore the City**

- ❖ **Tours.** To name a few, you can check out the Old Town Trolley Tour, Boston Duck Tour, the Upper Deck Tour, or Boston Ghosts and Gravestones Tour. If you're feeling adventurous and kind of dorky you can attempt the downtown Segway Tours, or have a colonial tour guide escort you along the historic Freedom Trail!
- ❖ **BU Today** has a great webpage named "Nearby Neighborhoods" with links to mini-guides for numerous neighborhoods around BU.
- ❖ **South End Business Alliance**. For the South End residents, this website boasts a relatively comprehensive list of food, drink, shopping, and resident services information.

❖ **Websites**

- ❖ **Events Insider**. This website is a great resource for more outdoor stuff in the greater Boston area, including local concerts, events, July 4th celebrations, etc.
- ❖ **Boston Bucket List**. For the adventure seeker, this website will quickly become one of your favorites.

Food



❖ **Coffee Shops/Bakeries**

- ❖ **Flour**. Coffee, pastry and sandwiches that are to die for. Flour is close and well known. Try the “sticky-sticky bun” that was featured on the food network! While this coffee shop may be a local favorite, it is *almost always* busy, making it a less than favorable location to study.

1595 Washington St.

Boston, MA 02118

(617) 267-4300

- ❖ **Jaho**. Coffee shop on Washington with TONS of different types of teas. Really delicious pastry and sandwiches. The tables aren't too big, so it's not a great place to study.

1651 Washington St.

Boston, MA 02118

(617) 236-1680

- ❖ **Wholy Grain**. One of the best blueberry scones out there and great muffins. Flavorful coffee and friendly service.

275 Shawmut Ave.

Boston, MA 02118

(857) 277-1531

❖ **Brunch**

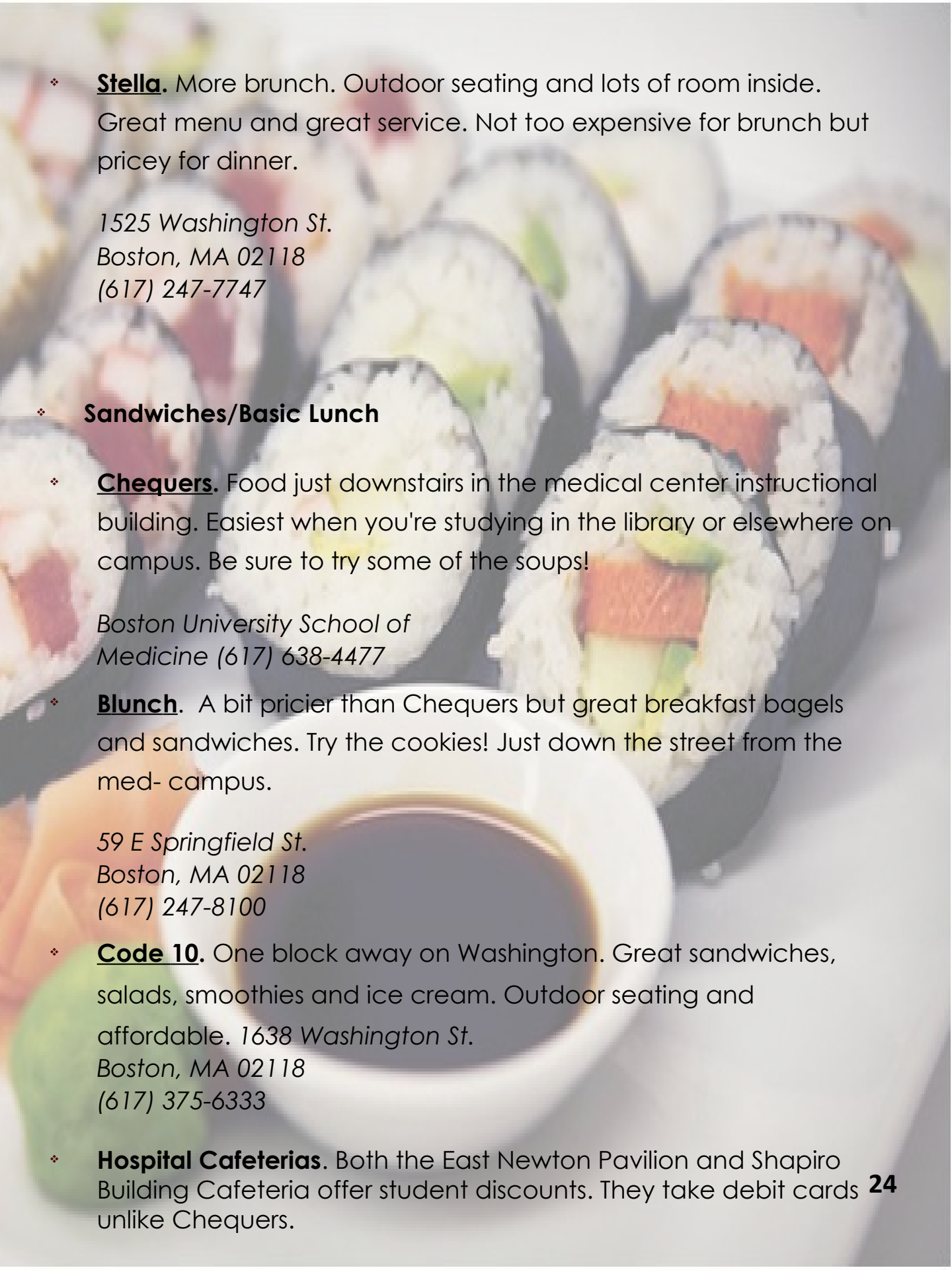
- ❖ **Aquitaine**. Delicious brunch. They have a full menu and a \$10

“prix fixe” section (brunch only) serving sizable portions.

569 Tremont St.

Boston, MA 02118

617) 424-8577

- 
- ❖ **Stella.** More brunch. Outdoor seating and lots of room inside. Great menu and great service. Not too expensive for brunch but pricey for dinner.

*1525 Washington St.
Boston, MA 02118
(617) 247-7747*

- ❖ **Sandwiches/Basic Lunch**

- ❖ **Chequers.** Food just downstairs in the medical center instructional building. Easiest when you're studying in the library or elsewhere on campus. Be sure to try some of the soups!

*Boston University School of
Medicine (617) 638-4477*

- ❖ **Blunch.** A bit pricier than Chequers but great breakfast bagels and sandwiches. Try the cookies! Just down the street from the med- campus.

*59 E Springfield St.
Boston, MA 02118
(617) 247-8100*

- ❖ **Code 10.** One block away on Washington. Great sandwiches, salads, smoothies and ice cream. Outdoor seating and affordable. *1638 Washington St.*

*Boston, MA 02118
(617) 375-6333*

- ❖ **Hospital Cafeterias.** Both the East Newton Pavilion and Shapiro Building Cafeteria offer student discounts. They take debit cards unlike Chequers. **24**

❖ Tapas

- ❖ **Toro.** A bit pricey but delicious nonetheless. There is almost always a wait on weekends so be sure to get there early.

1704 Washington St.

Boston, MA 02118

(617) 536-4300

- ❖ **Estragon.** Great happy hour deals on weekdays featuring creative drinks. Not as busy as Toro but that is not a testament to their food.

700 Harrison Ave.

Boston, MA 02118

(617) 266-0443

❖ Pizza

- ❖ **Upper Crust.** Thin crust styled pizza.

683 Tremont St

Boston, MA 02118

(617) 927-0090

- ❖ **Laz Café.** Pizza and sandwiches on Washington. Great pizza with fresh toppings.

1744 Washington St.

Boston, MA 02118

(617) 536-0066

- ❖ **New York Pizza.** A fan favorite.

435 Massachusetts Ave.

Boston, MA 02118

(617) 266-7020

- ❖ **South End Pizza**. The cheapest pizza on this side of the South End.

Standard pizza but quick and easy if you're in a rush.

772 Tremont St.
Boston, MA 02118
(617) 266-2525

❖ Other

- ❖ **Mike's City Diner**. Really great breakfast. Cheap, fast service and close to campus with a traditional diner feeling.

1714 Washington St.
Boston, MA 02118
(617) 267-9393

- ❖ **Seiyo**. Sushi on Washington. A bit pricey and selection of sushi is not that wide but the quality is very good.

1721 Washington St.
Boston, MA 02118
(617) 447-2183

- ❖ **Equator**. Attached to Seiyo and serving Thai influenced cuisine.

1721 Washington St.
Boston, MA 02118
(617) 536-6386

- ❖ **Tremont 647**. Taco Tuesday! The food is great but the tacos are better. \$2 tacos on Tuesdays with friendly service. Outdoor seating right on Tremont.

647 Tremont St.
Boston, MA 02118

- ❖ **Parish Cafe**. Really cool menu with featured sandwiches created by local Boston chefs. Delicious and affordable. Great beer list with unique drink selections, as well.

493 Massachusetts Ave.
Boston, MA 02118
(617) 391-0501

- ❖ **South End Pita**. Delicious and healthy Mediterranean food. The shawarma and kabobs are delicious.

473 Albany St.
Boston, MA 02118
(617) 556-2600

❖ **Alternate Options**

- ❖ Food Trucks. Parked outside on the corner of Harrison Ave and East Concord St. These include Savory Food Truck (Chinese food), Red Truck (Korean BBQ) and The Taco Truck (Tacos!).
- ❖ If you find yourself too busy to cook, tight on food-funds or just looking for something new to try, be sure to try Foodler. With more delivery options than you could possibly need, Foodler shows you which restaurants can bring food straight to your door.
- ❖ If you're low on groceries and don't have time to make a run to Shaw's, Trader Joe's or Whole Foods, Stop and Shop has a delivery option called Peapod. If you visit their web-site, you can create an account, shop online and get your groceries delivered to your apartment at your convenience.



❖ **Local Grocery Stores**

❖ **Whole Foods**

15 Westland Ave.
Boston, MA 02118
(617) 375-1010

❖ **Foodies**

1421 Washington St.
Boston, MA 02118
(617) 266-9911

❖ **Shaw's**

53 Huntington Ave.
Boston, MA 02118
(617) 262-4688

❖ **Trader Joe's**

899 Boylston St.
Boston, MA 02115
(617) 262-6505

❖ **Stop and Shop**

1100 Massachusetts Ave., South Bay Center
Dorchester, MA 02125
(617) 541-4700

- ❖ At the South Bay Shopping Center you can also find TJ Maxx, Bed Bath and Beyond, Marshalls, Best Buy, Kam Man Supermarket, Home Depot, and other stores. Easily accessible using #8 (toward Harbor Point) or #10 (toward City Point)



- ❖ **Local Ethnic Food Markets**

- ❖ **Hong Kong Supermarket**

- 1095 Commonwealth Ave.
Boston, MA 02215
(617) 787-2288

- ❖ **Ming's Supermarket**

- 1102 Washington St.
Boston, MA 02118
(617) 338-1588

- ❖ **C Mart Supermarket**

- 692 Washington St.
Boston, MA 02111
(617) 338-1717

- ❖ **Shalimar India Food & Spices**

- 571 Massachusetts Ave.
Cambridge, MA 02139
(617) 868-8311

- ❖ **Syrian Grocery Importing Company**

- 270 Shawmut Ave.
Boston, MA 02118
(617) 426-1458

- ❖ **Open Air: SoWa** a super neat market with food trucks and goods

- Open every Sunday, May-
October 10am-4pm
540 Harrison Ave, Boston MA

- ❖ **Open Air: The Haymarket**



International Students



❖ **International Students & Scholars Office**

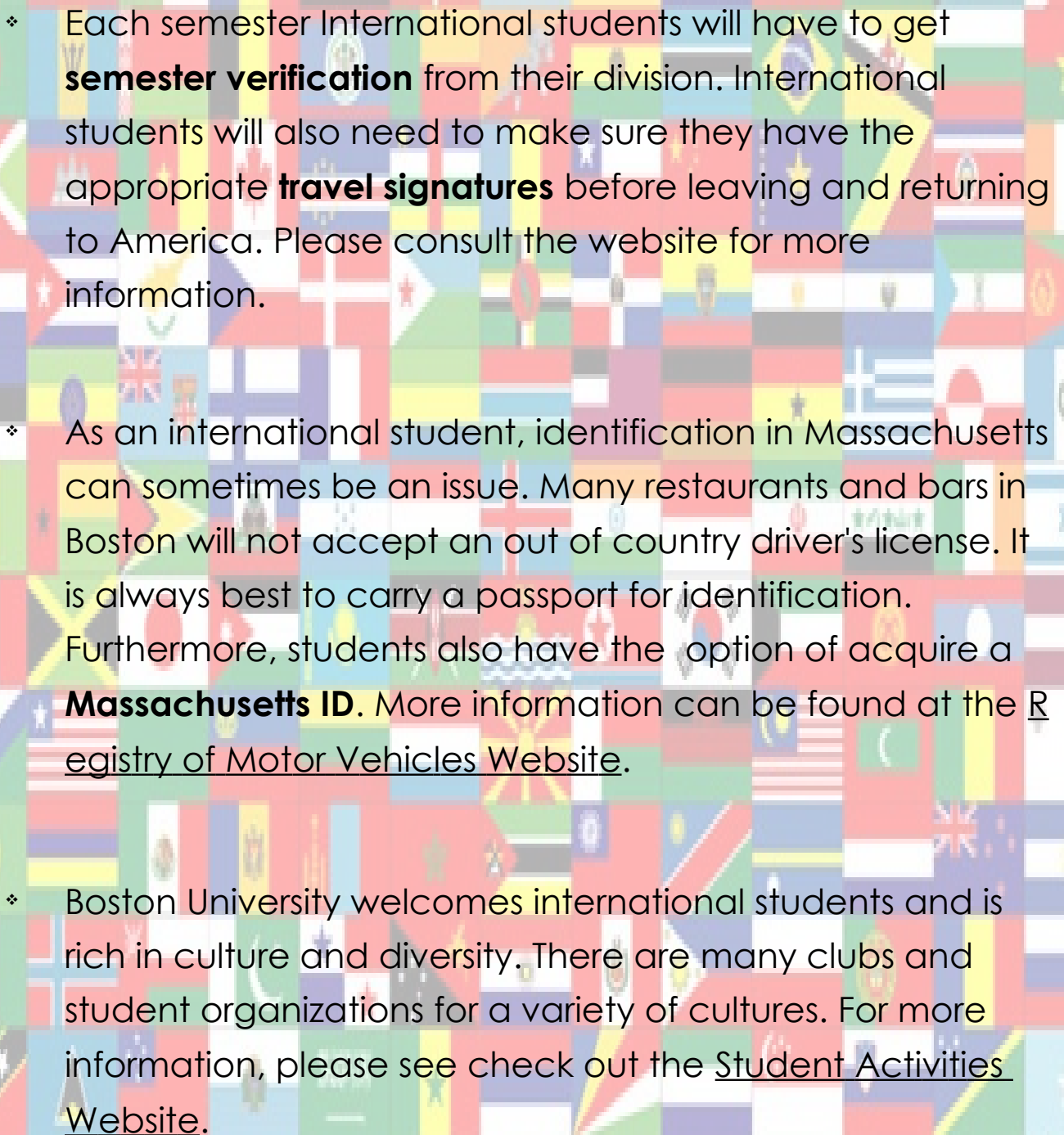
888 Commonwealth Ave.,
2nd Floor Boston, MA 02215
(617) 353-3565

❖ **E-mail: isso@bu.edu**

It is important to check in with the ISSO to maintain the proper status with your visa. If you have any questions, contact the general email address (above) and they will forward your email to the appropriate person.

When you visit the ISSO please bring:

Your valid passport
Most current visa
I-94 card (the little white card in your passport)
I-20 (if you're an F-1 student) or DS-2019 (if you're
a J-1 student)

- 
- ❖ Each semester International students will have to get **semester verification** from their division. International students will also need to make sure they have the appropriate **travel signatures** before leaving and returning to America. Please consult the website for more information.
 - ❖ As an international student, identification in Massachusetts can sometimes be an issue. Many restaurants and bars in Boston will not accept an out of country driver's license. It is always best to carry a passport for identification. Furthermore, students also have the option of acquire a **Massachusetts ID**. More information can be found at the [Registry of Motor Vehicles Website](#).
 - ❖ Boston University welcomes international students and is rich in culture and diversity. There are many clubs and student organizations for a variety of cultures. For more information, please see check out the [Student Activities Website](#).

Appendix

❖ **GMS Administration**

- ❖ The administrators and staff in the *GMS* office do much of the behind-the-scenes work that keeps our programs up and running. The [GMS Website](#) is a good way to find out who these guardian angels are and what they do.
- ❖ If you find yourself in need of a logistical or administrative question and don't know who to call, look no further! The [“ Who Do I Ask? ” Webpage](#) is composed of nearly every piece of contact information you may need.

❖ **GMSSO**

- ❖ The *GMSSO* is here to serve and represent the students of the Graduate Medical Sciences Program. For more information on who we are, what we do or how to get involved, please visit the [GMSSO Website](#).
- ❖ The *GMSSO* also sponsors and organizes several volunteer events and activities. To learn more about what you can get involved with, check out the [Volunteer Opportunities Website](#).



**BOSTON
UNIVERSITY**