



The RedGuide

Graduate Medical Sciences
Boston University School of Medicine
2018-2019





WELCOME!

On behalf of the GMS students, welcome to the Boston University School of Medicine! We are so excited that you have decided to join us.

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. Let us help you make the most of your graduate career! We know you're going to be busy with your studies, but we are here to help you make the most out of your time through community, service, and wellness.

One of the best parts about BUSM is our collaborative, supportive student culture. This survival guide is a great example of this fact - it 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 of your life while at graduate school. Topics include transportation, where to eat, popular study spots, and who to talk to in the GMS office; you will find it all here. So take a look, have some fun, and benefit from the advice of students before you to make your time at BUSM as productive and enjoyable as possible. We hope you have a great year!

Anna Nidhiry, President

Kevin Quindlen, Vice President

Neya Vishwanath, Treasurer

Matthew Diamse, Secretary

Alexandra Greenberg, Public Relations

Campus Information



EXCEPTIONAL CARE. WITHOUT EXCEPTION.



Boston University Medical Campus



99332 REV 02/15



- There is also an interactive map online that uses Google Maps to quickly locate departments, offices, streets, BU Shuttle locations, T-stops, bike racks, and emergency call boxes on both the Charles River and Medical Campuses!
- Building names often have one letter abbreviations on the medical campus. Here are some common ones:
 - 72 E. Concord (School of Medicine): L
 - Houseman (behind School of Medicine): R
 - Evans: E
 - Conte (Biochemistry): K
 - Advanced Biomedical Research (700 Albany): W
 - Evans Biomedical Research (650 Albany): X

Campus Information

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) 414-4444

City Convenience

700 Albany St.

Boston, MA 02118

FedEx Kinko's

715 Albany St.

Boston, MA 02118

Terrier ID Office

710 Albany St.

Boston, MA 02118

ATMs

Bank of America next to FedEx Kinko's

Bank of America on the second floor of the East Newton Pavilion

Bank of America and Santander in the SoM basement (by Chequers)

Transportation

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 Phone 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 Blue Bikes program lets you rent out bikes from numerous stations for a reasonable price (\$2.50 per ride, \$20.00 monthly fee, or \$99.00 annual fee). You can also speak with the transportation office for student Blue Bike discounts. 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.

Housing

The Boston University Medical Campus is located in the South End, one of Boston's most beautiful and culturally diverse neighborhoods. Developed in the mid-19th century to relieve overcrowding in downtown Boston and Beacon Hill, the neighborhood was designed by Charles Bulfinch, one of the nation's most prominent architects. The Victorian neighborhood is famous for its tree-lined streets and connected brick bow-front townhouses surrounded by iron gates and built around a series of shaded pocket parks, many with elegant fountains.

Housing Resources

The Office of Housing Resources

715 Albany St., Room A 406

Boston, MA 02118

(617) 638-5125

Email: ohr@bumc.bu.edu

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 <http://www.bu.edu/offcampus/tips-resources/approximate-rent-chart/> 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.

Boston University Off-Campus Housing Page

<http://www.bu.edu/offcampus/>

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.

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 receive a separate 500 page print quota per semester!

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.

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, you can check availability on www.bu.edu/medstudy. 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.

<i>755 Boylston St. Boston, MA 02116 (617) 450-0310</i>	<i>627 Tremont St. Boston, MA 02118 (617) 236-7879</i>	<i>273 Huntington Ave. Boston, MA 02215 (617) 536-6501</i>
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Dunkin' Donuts: A couple of spots close to the medical campus.

<i>616 Mass Ave. Boston, MA 02118 (617) 617-859-9996</i>	<i>850 Harrison Ave. (BMC Amb. Care) Boston, MA 02118 (617) 247-5641</i>
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Activities

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.

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 Theater 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, and yes...the Museum of Bad Art. 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, The Grand Boston, Clerys, Tunnel, Venu, Storyville, Whiskey Saigon, Landsdowne Street, and the infamous Alley (Estate, Liquor Store, Gypsy Bar). Around the medical campus, Wally's Café 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.

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 CambridgeSide 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.

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.

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.

2018 RED SOX SCHEDULE

MARCH/APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
				28 TB 4:00	29 TB 7:10	30 TB 6:10
1 TB 1:10	2 MIA 7:10	3 MIA 6:10	4	5 TB 2:05	6	7 TB 1:05
8 TB 1:05	9	10 NYY 7:10	11 NYY 7:10	12 NYY 7:10	13 BAL 7:10	14 BAL 1:05
15 BAL 4:05	16 BAL 11:05	17 LAA 10:07	18 LAA 10:07	19 LAA 10:07	20 OAK 10:05	21 OAK 9:05
22 OAK 4:05	23	24 TOR 7:07	25 TOR 7:07	26 TOR 7:07	27 TB 7:10	28 TB 4:05
29 TB 1:05	30 KC 7:10					

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
					1 HOU 8:10	2 HOU 7:15
3 HOU 7:35	4	5 DET 7:10	6 DET 7:10	7 DET 7:10	8 CWS 7:10	9 CWS 4:05
10 CWS 1:05	11 BAL 7:05	12 BAL 7:05	13 BAL 3:05	14 SEA 10:10	15 SEA 10:10	16 SEA 8:15
17 SEA 4:10	18	19 MIN 8:10	20 MIN 8:10	21 MIN 1:10	22 SEA 7:15	23
24 SEA 1:05	25	26 LAA 7:10	27 LAA 7:10	28 LAA 7:10	29 NYY 7:05	30 NYY 7:15

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 NYY 7:10	3 NYY 7:10	4 NYY 4:05
5 NYY TBD	6	7 TOR 7:07	8	9 TOR 7:07	10 BAL 7:05	11 BAL 7:05
12 BAL 1:05	13	14 PHI 7:05	15 PHI 7:05	16	17 TB 7:10	18 TB 7:10
19 TB 1:05	20 CLE 7:10	21 CLE 7:10	22 CLE 7:10	23 CLE 1:05	24 TB 7:10	25 TB 6:10
26 TB 1:10	27	28 MIA 7:10	29 MIA 6:35	30 CWS 8:10	31 CWS 8:10	

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
		1 KC 7:10	2 KC 1:05	3 TEX 8:05	4 TEX 8:05	5 TEX 8:05
6 TEX 3:05	7	8 NYY 7:05	9 NYY 7:05	10 NYY 7:05	11 TOR 7:07	12 TOR 4:07
13 TOR 1:07	14 OAK 7:10	15 OAK 7:10	16 OAK 7:10	17	18 BAL 7:10	19 BAL 7:10
20 BAL 1:05	21	22 TB 7:10	23 TB 7:10	24 TB 7:10	25 ATL 7:10	26 ATL 1:05
27 ATL 1:05	28 TOR 1:05	29 TOR 7:10	30 TOR 1:05	31 HOU 8:10		

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
1 NYY 8:05	2 WSH 7:05	3 WSH 6:05	4 WSH 11:05	5	6 KC 8:15	7 KC 7:15
8 KC 2:15	9 TEX 7:10	10 TEX 7:10	11 TEX 7:10	12 TOR 7:10	13 TOR 7:10	14 TOR 1:05
15 TOR 1:05	16	17	18	19	20 DET 7:10	21 DET 6:10
22 DET 1:10	23 BAL 7:10	24 BAL 7:05	25 BAL 7:05	26 MIN 7:10	27 MIN 7:10	28 MIN 7:10
29 MIN 1:05	30 PHI 7:10	31 PHI 7:10				

















SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
						1 CWS 7:10
2 CWS 2:10	3 ATL 1:35	4 ATL 7:35	5 ATL 12:10	6	7 HOU 7:10	8 HOU 4:05
9 HOU TBD	10	11 TOR 7:10	12 TOR 7:10	13 TOR 7:10	14 NYM 7:10	15 NYM 4:05
16 NYM TBD	17	18 NYY 1:05	19 NYY 7:05	20 NYY 7:05	21 CLE 7:10	22 CLE 7:10
23 CLE 1:10	24 BAL 7:10	25 BAL 7:10	26 BAL 7:10	27	28 NYY 7:10	29 NYY TBD

NEW ENGLAND PATRIOTS

BYE: WEEK 11

2018 REGULAR SEASON

1	Sep 9	1:00 PM ET			TEXANS	TV Radio	CBS Sirius
2	Sep 16	4:25 PM ET	AT		JAGUARS	TV Radio	CBS Sirius
3	Sep 23	8:20 PM ET	AT		LIONS	TV Radio	NBC Sirius
4	Sep 30	1:00 PM ET			DOLPHINS	TV Radio	CBS Sirius
5	Oct 4	8:20 PM ET			COLTS	TV Radio	FOX Sirius
6	Oct 14	8:20 PM ET			CHIEFS	TV Radio	NBC Sirius
7	Oct 21	1:00 PM ET	AT		BEARS	TV Radio	CBS Sirius
8	Oct 29	8:15 PM ET	AT		BILLS	TV Radio	ESPN Sirius
9	Nov 4	8:20 PM ET			PACKERS	TV Radio	NBC Sirius
10	Nov 11	1:00 PM ET	AT		TITANS	TV Radio	CBS Sirius
11	BYE						
12	Nov 25	1:00 PM ET	AT		JETS	TV Radio	CBS Sirius
13	Dec 2	4:25 PM ET			VIKINGS	TV Radio	FOX Sirius
14	Dec 9	1:00 PM ET	AT		DOLPHINS	TV Radio	CBS Sirius
15	Dec 16	4:25 PM ET	AT		STEELERS	TV Radio	CBS Sirius
16	Dec 23	1:00 PM ET			BILLS	TV Radio	CBS Sirius
17	Dec 30	1:00 PM ET			JETS	TV Radio	CBS Sirius



2018-19 BOSTON CELTICS

OCTOBER 2018

SUN	MON	TUE	WED	THU	FRI	SAT
14	15	PHI 8:00	17	18	TOR 8:00	20 NYK 7:30
21	ORL 7:30	23	24	OKC 8:00	26	27 DET 7:00
28	29	DET 7:30	31			

NOVEMBER 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				MIL 8:00	2	3 IND 7:00
4	DEN 9:00	6	7	PHX 9:00	UTA 9:30	10
11 POR 9:00	12	13	CHI 7:30	15	TOR 7:00	17 UTA 7:30
18	CHA 7:00	20	NYK 7:30	22	ATL 7:30	24 DAL 8:30
25	NOP 8:00	27	28	29	CLE 7:00	DEC 1 MIN 8:00

DECEMBER 2018

SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4	5	NYK 8:00	7	8 CHI 8:00
9	NOP 7:30	11	WAS 7:00	13	ATL 7:00	15 DET 7:00
16	17	18	PHX 7:30	20	MIL 8:00	22
23 CHA 6:00	24	PHI 5:30	26	27 HOU 8:00	28	29 MEM 8:00
30	SAS 7:00	31				

JANUARY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		1	MIN 8:00	3	DAL 7:30	5
6	BKN 7:30	8	IND 7:00	MIA 7:00	11	ORL 7:00
13	BKN 7:30	15	TOR 8:00	17	MEM 7:00	19 ATL 7:30
20	MIA 6:00	22	CLE 7:30	24	25	26 GSW 8:30
27	BKN 7:30	29	CHA 7:30	31		

FEBRUARY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					1 NYK 7:30	2
3 OKC 2:00	4	CLE 7:00	6	LAL 8:00	8	9 LAC 8:00
10	11	PHI 8:00	DET 7:30	14	★	16 ★
17 ★	18	19	20	MIL 8:00	22	23 CHI 8:00
24	25	TOR 8:00	POR 7:30	28		

MARCH 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					1 WAS 8:00	2
3 HOU 3:30	4	GSW 10:30	SAC 10:00	7	8	9 LAL 8:30
10	LAC 10:30	12	13	SAC 7:30	15	16 ATL 12:30
17	DEN 7:30	19	PHI 7:00	21	22	23 CHA 6:00
24 SAS 7:30	25	CLE 7:00	27	28	IND 7:00	30 BKN 6:00

APRIL 2019

SUN	MON	TUE	WED	THU	FRI	SAT
MAR 31	1 MIA 7:30	2	MIA 7:30	4	IND 8:00	6
7 ORL 7:30	8	9 WAS 7:00	10	11	12	13



■ Home ■ Away All times EST.

GET YOUR TICKETS NOW

CELTICS.COM
800-4NBA-TIX



Follow us



BOSTON BRUINS | 2018-19 SCHEDULE

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
						CGY 7:00 PRE 18
WSH 1:00 PRE 16		WSH 7:00 PRE 18	CGY 7:00 PRE 19			DET 7:00 PRE 22
23 30	PHI 7:00 PRE 24		DET 7:00 PRE 25			PHI 5:00 PRE 29

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
			WSH 7:30 SN 3	BUF 7:00 N 4		
	OTT 1:00 N 8			EDM 7:00 N 11		DET 7:00 N 13
			CGY 9:30 SN 17	EDM 9:00 N 18		VAN 10:00 N 20
		OTT 7:30 N 23		PHI 7:00 N 25		MTL 7:00 N 27
		CAR 7:00 N 30				

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
						NSH 8:00 N 3
	DAL 7:00 N 5			VAN 7:00 N 8		TOR 7:00 N 10
			COL 10:00 N 14		DAL 8:00 N 16	ARI 8:00 N 17
			DET 7:30 N 21		PIT 7:30 N 23	MTL 7:00 N 24
	TOR 7:00 N 26			NYI 7:00 N 29		

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
						DET 7:00 N 1
		FLA 7:00 N 4		TBL 7:30 N 6		TOR 7:00 N 8
OTT 5:00 N 9		ARI 7:00 N 11			PIT 7:00 N 14	
BUF 5:00 N 16	MTL 7:30 N 17			ANA 7:00 N 20		NSH 1:00 N 22
CAR 5:00 N 30	24 31			NJD 7:00 N 27		BUF 7:00 N 29

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
		CHI 1:00 NBC 1		CGY 7:00 N 3		BUF 7:00 N 5
		MIN 7:00 N 8		WSH 7:00 N 10		TOR 7:00 N 12
	MTL 7:30 SN 14		PHI 7:30 SN 15	STL 7:00 N 17		NYR 7:00 N 19
						★ ASG 26
		WPG 7:00 N 29		PHI 7:00 N 31		

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
WSH 12:30 NBC 3		NYI 7:00 N 5	NYR 8:00 SN 6			LAK 1:00 N 9
COL 3:00 N 10		CHI 7:00 SN 12			ANA 10:00 N 15	LAK 10:30 N 16
	SJS 10:00 SN 18		VGK 10:00 SN 20			STL 4:00 N 23
		SJS 7:00 N 26		TBL 7:30 SN 28		

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
						NJD 7:00 N 2
						OTT 7:00 N 9
		CAR 7:00 N 5		FLA 7:00 N 7		CBJ 7:00 N 16
PIT 7:30 SN 10		CBJ 7:00 N 12		WPG 8:00 N 14		
		NYI 7:00 N 19		NJD 7:00 N 21		FLA 7:00 N 23
24 DET 7:30 SN	TBL 7:30 N 25		NYR 7:30 SN 27			FLA 1:00 N 30

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
		CBJ 7:00 N 2		MIN 8:00 N 4		TBL 1:00 N 6

BOSTONBRUINS.COM | 617.624.BEAR(2327)

HOME AWAY PRESEASON HOME PRESEASON AWAY 2018 D.R.G. NHL CHINA GAMES

★ ASG- ALL STAR GAME (JAN. 26) WILL BE PLAYED IN SAN JOSE, CA. TV: N-NESN | SN-NBC SPORTS NETWORK | NBC-NBC

★ 2019 BRIDGESTONE NHL WINTER CLASSIC® AT NOTRE DAME STADIUM

All start times are ET and subject to change. All games can be heard on 98.5 The Sports Hub. Check your local listings for TV broadcast information. Visit BostonBruins.com for the most up-to-date information. ©Boston Professional Hockey Association, Inc. (BPHL)

Personal Fitness

Gyms (BU-Affiliated). BU's main campus has a state-of-the-art Fitness 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). On the medical campus the Fuller Building now has a basketball court, ping pong and pool tables free for all GMS students. 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, and Modern Bakery). For the comedy-inclined, Improv Asylum is a great spot 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 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!

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*

Barcelona Wine Bar. Another great spot for great food and a beautiful ambience!

*525 Tremont St.
Boston, MA 02116
(617) 266-2600*

Pizza

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

*1744 Washington St.
Boston, MA 02118
(617) 536-0066*

New York Pizza. The cheapest pizza near the South End. Standard, quick, easy.

*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. Equator is attached and serves Thai influenced cuisine.

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

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
(617) 266-4600*

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*

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 Fodler. With more delivery options than you could possibly need, Fodler 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 website, 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*

Star Market

*53 Huntington Ave.
Boston, MA 02118
(617) 262-4070*

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 Target, TJ Maxx, Bed Bath and Beyond, Marshalls, Best Buy, Kam Man Supermarket, Home Depot, and other stores.

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: The Haymarket

*Congress and New Sudbury St.
Boston, MA 02139
Fridays and Saturdays, early morning until evening*

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.

Clubs & Organizations

Graduate Medical Sciences Student Organization (GMSSO)

We are the Graduate Medical Sciences Student Organization and we are here to help students become part of our diverse community. Our purpose is to bring students together from all departments and programs of the Graduate Medical Sciences, to share ideas, address concerns and pursue common student issues with a combined voice. See how the [GMSSO can work for you!](#)
Email us: gmsso@bu.edu
Like us: <http://www.facebook.com/BostonUniversityGMSSO>

Hillel

Hillel, the center for Jewish life on campus, is one of the largest, most exciting, and most versatile organizations at Boston University. With over 15 student groups and a myriad of weekly programs ranging from social action to socializing, Israel activism to intramural sports, Hillel provides students the opportunity to express their Jewishness in a friendly, supportive, and vibrant community. Join us for a pint at Religion On Tap, a monthly graduate student social at the BU Pub, take a leadership role in the Maimonides Society, Hillel's medical student association, or drop by to study in one of our lounges overlooking the Charles River. Got an idea for a program, or want to chat over coffee? Contact Ethan Sobel, Director of Student Life, at esobel@bu.edu or [617-353-7662](tel:617-353-7662). Visit our website to learn more: www.bu.edu/hillel.

Minority and International Scientists Organization (MISO)

The mission of MISO is to support and enrich the research scholar experience at Boston University via various academic and social events. The organization strives to foster and strengthen a sense of community among the diverse population of BUSM scientists. MISO also provides cross-cultural exchange and networking opportunities to help develop and advance the scientific endeavors of its members.
If you would like to join our group and find out more please email miso@bu.edu.

Muslim Student Association (MSA)

The Muslim Student Association (MSA) on the medical campus fosters a sense of unity amongst pre- and post-doctoral students, regardless of race, religion, ethnicity, or origin. The MSA's mission is to hold service-oriented, educational and social events to promote religious and cultural awareness amongst students, faculty, staff and the greater community of Boston. As future healthcare providers, the members of the MSA are dedicated to making a difference within the communities of Boston while striving to embrace Islamic values and eliminate misconceptions within our profession.

For more information regarding our organization, please feel free to reach out to us at MsaGSDM@bu.edu or on Facebook at "GSDM MSA"! We look forward to hearing from you soon!

Biomedical PhD Student Organization (BPSO)

The purpose of the Biomedical PhD Student Organization (BPSO) is to build and strengthen the community between PiBS affiliated departments and programs at BUMC; to foster personal and professional relationships between students, faculty, alumni, and administrators; to promote interdisciplinary research at BU; and to cultivate camaraderie among Biomedical Science Ph.D. students.

If you're interested in learning more or getting involved, please email bpso@bu.edu.

Graduate Women in Science and Engineering (GWISE)

Graduate Women in Science and Engineering (GWISE) at Boston University strives to create a community to support and promote women in science, technology, engineering, and math fields. Through professional development seminars and workshops, social events, mentoring, and outreach, GWISE fosters interaction across disciplines at Boston University and connects graduate students to postdocs, faculty, and broader networks in Boston and beyond.

Clubs & Organizations

GWISE is open to all who support our cause. As leaders of the community, GWISE works to advance university policies and programs that promote equality and foster diversity and excellence. GWISE provides resources to address challenges facing women in STEM.

For more information, please visit <http://www.bu.edu/gwise/welcome-to/>

WISE Guys

WISE Guys is a program developed to increase the participation of male cohorts at Boston University. GWISE events are open to all who support women in STEM, including male students, postdocs, and faculty. The group hosts WISE Guys-specific events as well as highlights ongoing GWISE events.

For more information, please visit <http://www.bu.edu/gwise/gwise-groups/>

Maimonides Society

Our mission is to educate students about the application of Jewish law into medical practice, openly discuss Jewish medical ethics, and provide opportunities for medical students to participate in Jewish holidays and traditions in a social environment.

Our contact info:

Sam Rubin- rubinsj@gmail.com

Tova Kosowsky- tovaram@bu.edu

maimosociety@gmail.com

Iranian Health Care Students Association (IHCSA)

The Iranian Health Care Students Association (IHCSA) is dedicated to bringing together students of the Boston University Medical, Dental, and Public Health campuses with the greater Boston health care professionals, in order to address health care issues in Iran and Iranian communities in Boston and across the United States. Through educational and outreach programs, the association will also provide opportunities for students to learn about and participate in Iranian culture and society.

Monthly group gatherings, Farsi lunches, scholarship opportunities, and local Iranian events are among the many avenues by which IHCSA strives to foster student involvement. Importantly, IHCSA aims to provide a safe and supportive forum for students to openly voice their concerns and critically educate one another. To this end, the group is open to and strongly encourages students from all backgrounds and beliefs to participate in IHCSA events and gatherings to allow for a diverse and fun educational environment. To become involved, please email ihcsa@bu.edu.

Christian Medical Dental Association (CMDA)

We are a network of BU medical/Ph.D, dental, public health, and graduate medical science students who share the Christian faith, or are interested in learning more about Christianity. Our aim is to define ourselves as followers of Jesus, train us to be healers in his name, and enable others to do the same. We meet regularly in small groups to fellowship together, discuss and apply biblical scripture, pray for our campus and greater city of Boston, discuss clinical ethics, and serve locally and internationally.

Contact Information:

Email: cmda@bu.edu

Facebook: <https://www.facebook.com/groups/bucmda/>

BUMC Pride

The primary goal of BUMC Pride is to provide a safe, supportive environment for LGBTQ+ and allied students, faculty, and staff. In addition, we are here to educate future and current health professionals on the social issues and health concerns of the LGBTQ+ community in order to break down prejudices and misconceptions that can undermine patient care and personal growth. We encourage professional and personal development through discussions, conferences, socials, community activism and advocacy.

Clubs & Organizations

Activities:

- Boston Pride March
- BUMC Pride Annual Welcome Dinner
- BUMC Pride Speaker Series Lunch Talks (Such topics as “Queer Theory 101,” “Bisexual Health,” “Transgender Health,” the biology of sexuality, and the experience of transgender providers)
- Potlucks, mixers and social events

To get involved, email medglo@bu.edu.

Professional Development Programs

Advance, Recruit, Retain, and Organize Women in STEM (ARROWS)

The ARROWS mission is to organize, align, and vertically integrate programs created to advance women throughout the STEM community at Boston University.

Strength in Unity- There are a number of organizations on campus that share our mission, but, for the most part, they operate independently. Vertical integration will promote interaction and mentoring among these groups and their constituents.

From pre-college to undergrads, graduate students, postdocs, and faculty, ARROWS aims to facilitate the advancement and success of Boston University's women in STEM.

Website- <http://www.bu.edu/arrows/>

Broadening Experience in Scientific Training (BEST)

As one of only 17 Broadening Experience in Scientific Training (BEST) schools chosen by the National Institutes of Health BU is enhancing biomedical career development curriculum for PhD and postdoctoral trainees in a way that explores careers both in and outside of standard academic research. We do things a bit outside the box here.

At Boston University our curriculum is informed by current market needs so when you train at BU you're training for jobs the industry needs now and in the future. We work closely with industry partners to understand the workforce needs of today and tomorrow so our curriculum aligns with the actual demands of industry and you're trained for jobs that are open now and prepared to grow into future ones that might not even exist today.

BU's BEST program is open to all biomedical graduate and postdoctoral trainees at Boston University so [start finding your perfect path](#).

Additional links

Clubs and Organizations on CRC

<http://www.bu.edu/studentactivities/get-involved/>

Volunteer Opportunities

<http://www.bumc.bu.edu/gms/students/ma-med-sciences/volunteer-opportunities/>

<http://www.bumc.bu.edu/gms/student-life/community-service/>

<http://www.bu.edu/best/resources/volunteer-opportunities/>

Fitness Centers

All BU students have **FREE** access to FitRec located on Commonwealth Avenue, right next to the Agganis Arena.

There are numerous other fitness facilities located near both the Charles River and Medical campuses within Boston, that are available to you if you are interested in signing up and paying their rates. These include but are not limited to:

Boston Sports Clubs:

South End: 560 Harrison Avenue

Downtown Crossing: 10 Franklin St

Boylston: 505 Boylston Street

Prudential: 800 Boylston Street

Newbury: 361 Newbury Street

Fenway: 201 Brookline Ave (Landmark parking garage)

YMCA

Huntington Avenue: 316 Huntington Avenue

Chinatown: 8 Oak St W

GymIT

920 Commonwealth Avenue

Healthworks:

Back Bay: 441 Stuart Street

Brookline: 325 Harvard Street

Others:

Burn Fitness: 547 Columbus Avenue

Flywheel: 800 Boylston Street

Velocity: 43 Fairfield Street

Recycle Studio: 643A Tremont Street

Bikram Yoga: 561 Boylston Street

Sadhana Yoga: 15 Worcester Street

Sweat & Soul Yoga: 1032 Commonwealth Avenue

Back Bay Yoga: 364 Boylston Street

StudioU: 1065 Commonwealth Avenue

CorePower Yoga: 1119 Commonwealth Avenue

Student Health Services

Behavioral Medicine Services

This message is from Karen Antman, MD, BUMC Provost and BUSM Dean, and Carrie Landa, PhD, Director, Behavioral Medicine, BU Student Health Services.

We are pleased to announce that beginning Wednesday, Sept. 2, behavioral medicine services for students will be available on the Medical Campus. All full-time students are eligible for care, regardless of health insurance. Part-time students who have the Aetna Student Health insurance also are eligible.

The clinic will be located in the Solomon Carter Fuller Mental Health Building, 85 E. Newton St., Suite 816. Initially, it will be staffed two days per week – Mondays from 9 a.m.-6 p.m. and Wednesdays 9 a.m.-5 p.m. – by clinicians not affiliated with the Medical Campus. Hours will increase with demand. The location was chosen specifically to be mindful of maintaining student privacy and confidentiality.

The following services will be available:

- Evaluation
- Consultation
- Short-term treatment (both medication management and psychotherapy)
- 24-hour coverage for psychiatric emergencies

When longer-term treatment is indicated, students will be referred to a provider in the community. Student Health Services is committed to maintaining the confidentiality of all patient health information in accordance with all applicable federal and state laws. To make an appointment, please call 617-353-3569 and request an appointment at the BUMC clinic.

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](#).