

Learning while Living in Atlanta







Greetings from the Associate Dean of Diversity, Inclusion and Community Engagement

On behalf of the Office of Emory Diversifying Graduate Education (EDGE), welcome and thank you for your interest in the Laney Graduate School (LGS) at Emory University. Diversity and community are of the highest priority to Emory University and the Laney Graduate School. Diversity and community are fundamental to our commitment to graduate education.

We strive to create and strengthen an inclusive, respectful, and intellectually challenging environment that embraces individual difference. We are committed to proactively cultivating and sustaining an academic community that engages diverse intellectual capacity and that values open dialogue, cooperation, shared responsibility, mutual respect, and cultural competence – the driving forces that enrich and enhance innovative research and scholarship.



Please feel free to contact my office with any questions or concerns, as it is our mission to provide students with deep

expertise in their chosen fields, creativity to cross disciplinary boundaries, the courage to take on the most important and complex problems of our time and most importantly an academic home that is welcoming to all. I invite you to explore our website to learn more about our resources, affiliated offices, programs, and the many opportunities that can help navigate your experience here at LGS.

Best,

Amanda Marie James, PhD

"Emory University's mission is to create, preserve, teach, and apply knowledge in the service of humanity." – <u>Emory University Mission</u>



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INTRODUCTION

The James T. Laney School of Graduate Studies (LGS or Laney) at Emory University is a nationally and internationally recognized leader in advancing academic excellence through innovative scholarship, research, teaching, and programming that prepares a diverse and inclusive student body for success as leaders and in service to the global good.

Emory University's mission is to create, preserve, teach, and apply knowledge in the service of humanity." — <u>Emory University Mission</u>

At Laney, we support our scholars both academically and socially. In addition, we support our doctoral scholars with an annual stipend. The base stipend for LGS doctoral scholars is \$31,775.

The following contains resources for admitted LGS students, as well as ways for doctoral scholars to manage their stipends and save money whenever possible.

LIVING IN ATLANTA

The Cost of Living

While Atlanta is the 19th most expensive rental market in the country according to the <u>January 2021 Zumper National Rent Report</u>, it is much more affordable than cities such as San Francisco; New York; Washington, DC; Boston; Miami; Philadelphia; New Orleans; and Chicago. In the city of Atlanta, the median monthly rent for a one-bedroom apartment is \$1,450. The median monthly rent for a two-bedroom apartment is \$1,850. Having a roommate can help you save not only on rent but also on utilities, which average \$233/month across the city of Atlanta. For dining options, you can expect to pay \$15/person for a casual meal and \$50+ for a nicer meal for two. Grocery prices are estimated at \$334/month for basic necessities (not including organic or higher-end products). Atlanta has a standard sales tax of 8.9%.

Massachusetts Institute of Technology (MIT) developed a Living Wage Calculator that shows the living wage (a wage high enough to maintain a normal standard of living) at the hourly rate that an individual must earn to support his/herself or family in a specific city. The <u>living wage calculation for Atlanta</u> for a single adult is \$13.62/hour, or \$28,329.60 per year. Laney Graduate School's minimum stipend of \$31,775 is 112% of Atlanta's living wage.





Housing

Emory University is located on a beautiful campus in Atlanta, Georgia's historic Druid Hills neighborhood. There are various housing options around the city, and most are easily accessible via public transportation options outlined in the next section.

Emory University does <u>not</u> provide on-campus housing for graduate and professional students. However, the university does contract with an outside vendor to provide an online, off-campus listing resource. You may view that resource <u>here</u>. Utilizing this off-campus listing resource, you can find various types of housing in close proximity to the university, including apartments, condos and detached homes for rent. **Figure 1** represents several Atlanta neighborhoods and communities near Emory's campus. Emory/Druid Hills, Decatur, Virginia-Highland/Morningside, and Midtown are popular areas for Emory students



Figure 1: Map of Atlanta Neighborhoods & Communities near Emory





Emory/Druid Hills

There are several apartment communities in the Emory/Druid Hills area that are convenient for graduate students, including students with families. These communities are located no more than three miles from campus:

• <u>Campus Crossings</u> (1659 Briarcliff Rd., NE, Atlanta, 30306) – caters to Emory graduate students; furnished; no pets; security deposit + first month's rent due upon lease signing; Emory shuttle stop at community entrance; roommate matching service

(≈6 min drive/30 min walk)

• Emory Point Apartments (855 Emory Point Dr., Atlanta, 30329) – furnished units available; pets allowed; security deposit + first

month's rent due upon lease signing; in walking distance to campus ($\approx 3 \text{ min drive}/15 \text{ min walk}$)

 Madison Druid Hills (2696 N Druid Hills Rd., NE, Atlanta, 30329) – unfurnished; pets allowed; security deposit + first month's [or prorated month] rent due upon lease signing (≈12 min drive/1-hour walk)



 <u>The University Inn at Emory</u> (1767 North Decatur Road, Atlanta, GA 30307) – furnished; no pets; double room with shared bathroom (shower only); academic year lease allowed; \$150 State Hotel Motel Fee and 8% Occupancy Tax on the first ten nights (≈2 min drive/5 min walk)

Decatur

The city of Decatur is located southeast of Emory's campus, and it has vibrant downtown



area often frequented by Emory students. According to Niche.com, in 2020 Decatur was the <u>#1 Best Place</u> to Live in Georgia and is the 2021 <u>#4 Best School</u> District in Georgia.

- <u>Amli Decatur</u> (122 W Trinity PI, Decatur, GA 30030)unfurnished; pets allowed (one-time deposit); security deposit + administration fee + first month's [or prorated month] rent due upon lease signing (≈11 min drive/1hour walk)
- <u>Clairmont Reserve</u> (1575 Clairmont Rd., Decatur, 30033) furnished units available; pets allowed; security deposit + first month's rent due upon lease signing; individual leases available; close proximity to the Emory shuttle (≈10 min drive/40 min walk)
- <u>Cortland Decatur East</u> (2641 East College Ave., Decatur, 30030) furnished units available; pets allowed; security deposit + first month's rent due upon lease signing; walking distance to Decatur Square; direct access to the Avondale MARTA station; onsite retail shops (≈13 min drive/1 hour walk)



- <u>The Place on Ponce</u> (220 Ponce de Leon Pl., Decatur, 30030) unfurnished; pets allowed; security deposit + first month's rent due upon lease signing; close proximity to the Decatur MARTA station (≈ 10 min drive/50 min walk)
- President Park Apartments (1231 Clairmont Rd., Decatur, 30030) unfurnished; cats and dogs allowed; international student-friendly; academic year lease allowed; security deposit + first month's [or prorated month] rent due upon lease signing (≈7 min drive/35 min walk)
- <u>1133 on the Square</u> (133 Commerce Dr., Decatur, 30030) unfurnished; pets allowed (dog park on site); administration fee + first month's rent due upon lease signing (≈10 min drive/1-hour walk)

Virginia-Highland & Morningside

Named after the intersection of Virginia Avenue and North Highland Avenue, Virginia-Highland is a trendy district with an eclectic mix of restaurants, bars, and shops.

Morningside is just north of Virginia-Highland. It is a quiet, historic-neighborhood and one of Atlanta's "walkable neighborhoods."

 <u>Rock Springs Village</u> (550 Rock Springs Ct., Atlanta, 30306) – unfurnished; pets allowed; security deposit + first month's rent due upon lease signing; close to a MARTA bus stop (≈5 min drive/30 min walk)



- The Sidney at Morningside (1295 East Rock Springs Rd., NE, Atlanta, 30306) – unfurnished; pets allowed; security deposit + first month's rent due upon lease signing; close proximity to a MARTA bus stop (≈5 min drive/30 min walk)
- <u>Reserve at Lavista Walk</u> (1155 Lavista Rd., NE, Atlanta, 30324) unfurnished; pets allowed; security deposit + first month's rent due upon lease signing; individual leases available; close proximity to a MARTA bus stop; onsite retail shops (≈10 min drive/1.25 hour walk)

Midtown

Midtown is home to Atlanta's busiest commercial area and it's the hub of the arts scene. Peachtree Street runs through the city and offers a host of activities, from clubs and bars



to retail shopping and great restaurants. You can walk to a movie theater or bike through the park. Whatever your flavor, you will find it in Midtown!

- <u>Catalyst</u> (1011 Northside Dr. NW, Atlanta, 30318) furnished; pets allowed; study lounge onsite; bike repair stations; security deposit + first month's rent due upon lease signing; (~20 min drive/2-hour walk)
- <u>The Exchange</u> (470 16th St., NW, Atlanta, 30363) furnished units available; pets allowed; security



deposit + first month's rent due upon lease signing; complimentary Atlantic Station shuttle to Arts Center MARTA station (~20 min drive/2-hour walk)

- The Flats at Atlantic Station (450 16th St., NW, Atlanta, 30363) students only; furnished; pets allowed; security deposit due upon lease signing, first month's rent due on move-in day; individual leases available; walking distance to Atlantic Station (≈20 min drive/2 hour walk)
- <u>Icon Midtown</u> (22 14th St NW, Atlanta, GA 30309) unfurnished; pets allowed (up to two per apartment); computer lab onsite; dry cleaning service; Piedmont Park less than 1 mile away (≈15 min drive/2hour walk)
- The Local on 14th (455 14th St., NW, Atlanta, 30318) unfurnished; pets allowed; security deposit + first month's rent due upon lease signing; complimentary breakfast every Monday, Wednesday and Friday; complimentary drop-off to/pick up from anywhere in Midtown on Friday evenings (≈20 min drive/2 hour walk)

Other Housing Resources

Additionally, Emory graduate students may sign up with the off-campus listing resource to search for rooms for rent in single-family homes or find other Emory graduate students seeking roommates. The site even provides online safety tips to avoid common scams and safely search for rentals and roommates.

Here are some other highly used housing finder sites in the greater Atlanta area:

- <u>ForRent.com</u> This is the online version of those hefty apartment books you see in the grocery store and in mini-newsstands. You won't find the most unique apartments here, as it specializes in the kind of rental properties managed by mega companies. But, it's easy to use and straight to the point, something a lot of people are looking for when it comes to a property search.
- <u>Zillow.com</u> Zillow is a fantastic resource for rental listings, especially if you're in the market for higher-end housing. The handy filter works great at weeding out unnecessary browsing.
- <u>Padmapper.com</u> This site isn't much to look at (it's basically a Google Map with a toolbox), but it's helpful. It aggregates the listings from Craigslist, Realtor.com, Apartments.com, and other dot coms into one search engine.
- <u>ProMove.com</u> This service will allow you to tell apartment locating experts about your specific needs (location, budget, children, pets, etc.), and they will create an apartment portfolio to match your preferences. Through ProMove, you may also schedule apartment tours and get a jump start on completing your leasing application.





Transportation

Public Transportation

For detailed public transit options, you may visit Emory's Transportation and Parking Services site. Neighborhoods near Emory University are serviced Atlanta's transportation by public system. Metropolitan Atlanta Rapid Transit Authority (MARTA). Emory is accessible via MARTA's Decatur, Avondale, Midtown, Inman Park, Lindbergh, Chamblee, and Five Points rail stations. Figure 2 is a map of the MARTA rail system.



To get to Emory from any of the rail stations, you may take one of the following bus routes:

 MARTA Bus Route 6 (Emory/Druid Hills): Route 6 operates North/South between the Inman Park station in East Atlanta to Buckhead's Lindbergh station via Moreland Ave., Briarcliff Rd., N. Decatur Rd., Clifton Rd., Briarcliff Rd. and Lavista Rd. This is the best route to access the south end of Emory's main campus near N. Decatur Rd. The MARTA Bus Route 6 stops at the corner of Clifton Rd. and Fishburne Dr., near the Goizueta Business School.



Figure 2: Map of MARTA Rail System





- MARTA Bus Route 19 (Decatur): Route 19 operates North/South between the Decatur and Chamblee stations primarily along Clairmont Ave., and Clairmont Rd. This route is for those who need to access Emory's Clairmont campus, as Route 19 stops in front of Atlanta's Veteran's Affairs Medical Center. From there, you will need to walk about 10 minutes to the Clairmont campus. You may also take the 1525-VA Route Emory shuttle to the Clairmont Campus. You can learn more about Emory's shuttle system in the next section, Commuter Programs.
- MARTA Bus Route 36 (Midtown/Virginia-Highland/Decatur): Route 36 operates East/West between the Midtown station in Atlanta and the Decatur station primarily along 10th St., Virginia Ave., N. Highland Ave., North Decatur Rd., and Church St. into Downtown Decatur. You may access Emory's main campus via Route 36, but this bus stops at the corner of N. Decatur Rd. and Briarcliff Rd. From there, it is about a 15-20-minute walk to the southwest end of the main campus near the Administration Building.
- MARTA Bus Route 816 (Midtown/Virginia-Highland/Morningside): Route 816 Community Circulator operates North/South from the Five Points station in Downtown Atlanta to Emory via Marietta St., Peachtree Ctr. Ave., Ralph McGill Blvd., Freedom Pkwy., N. Highland Ave., Briarcliff Rd., and Clifton Rd. This is the best route to access the north end of Emory's main campus. Route 816 stops at the corner of Michael St. and Rollins Way, near the Whitehead Biomedical Research Building.

Standard MARTA fare is \$2.50 for a one-way trip, with four free bus transfers allowed within a three-hour period. Children 46 inches and under are free. Riders with accessibility needs pay a reduced fare of \$1. Emory University students may participate in the MARTA University Pass Program (UPASS) for a discounted price of \$68.50/month. For more information, please click <u>here</u>.

Commuter Programs

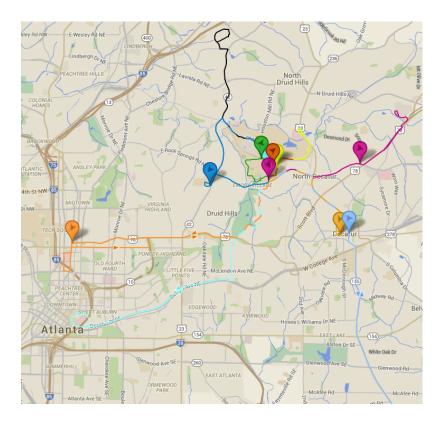
No car? No problem! Emory partners with the Clifton Corridor Transportation Management Association and Georgia Commute Options to provide the <u>Smart Commute</u> <u>Program</u> that makes commuting for Emory scholars, faculty and staff easier. The Smart Commute Program offers resources from carpool and vanpool options, to a biking program, to an Emory-specific complimentary shuttle system. Below are four options to get you conveniently to and from campus.

- Emory's Carpool Program Great for students who commute long distances to and from Emory each day and have limited access to public transit; Carpools and vanpools provide flexibility and the point-to-point convenience of car travel along with the opportunity to dramatically cut fuel costs, get free/cheaper parking, utilize HOV lanes, and reduce wear and tear on your personal vehicle.
- Emory's Vanpool Program An inexpensive commute option for small groups (7-15 people) of Emory commuters who live and work near the same area, have similar hours and want to share their commute in a leased van, while also sharing



the gas expense. Vanpooling is a great option if you have a long commute with no access to public transit.

- 3. <u>Biking at Emory</u> A great, healthier alternative to driving; Emory's Bicycle Commuter program provides incentives graduate students who choose to cycle instead of drive to campus. Once cyclists register, they receive a backup commute option, which will allow them to park on campus or use an alternative mode of transport in the event of inclement weather. Students can also connect through the Emory Spokes Council, which hosts regular bike socials, workshops, and advocacy events.
- Emory Shuttle System A 100% alternatively-fueled, fully accessible, equipped with bicycle racks shuttle system that serves Emory's main campus, Oxford College, Emory University Hospital and Clinics, the Clifton Rd. Corridor, Downtown Decatur, and Downtown Atlanta. Figure 3 illustrates the Emory Shuttle System and its endpoints. Shuttles are complimentary.



COLOR	ROUTE
Orange	Midtown
Blue	B Route
Pink	North DeKalb
Gold	CCTMA
Green	D Route
Light Blue	South DeKalb
Yellow	1525/VA
Black	Executive Park

Figure 3: Emory Shuttle System

For easy access to the Emory Shuttle System schedule, you may download the <u>TransLoc Rider app</u> to your phone. The app provides real-time information for shuttles, including weather delays and other service interruptions.



Parking

There are three parking options for students who choose to drive to campus.

- On-campus Parking There are several parking decks on Emory's main campus and the Clairmont campus. If you do have a car and want to park on campus, the daily cost is \$6, which does not allow for re-entry. You may also register for a permit. Acquiring a permit does not mean you will pay a monthly fee for parking. Instead, you will be charged for your usage, with the maximum being \$336/semester. Your permit allows unlimited access to your assigned parking area. You may purchase your permit <u>here</u>. To increase the chances of getting your desired parking garage, it is recommended you sign up early. Students may be assigned parking in the Starvine, Michael St., Peavine, Undergraduate Residential Center (URC) or Clairmont Residential Center (CRC) decks. Both the URC and CRC decks are located on Emory's Clairmont campus. Should you be assigned to either of those decks, you can take one of the following Emory shuttles to the main campus.
 - o CRoute Clairmont Campus / Woodruff Circle
 - <u>E Route</u> Clairmont Campus / Lowergate Decks / Law School
 - Loop Clairmont Campus / Gambrell / Main Campus Loop / Eagle Row / Woodruff Circle
 - <u>1525-VA Route</u> Clairmont Campus / 1525 Clifton (Student Health Center) / Woodruff Circle / VA Medical Center
- Incremental Parking on Campus You may also purchase an Eagle permit which, for \$5 per swipe, allows one access to your assigned parking area per use. Eagle permits must be purchased in increments of five. Student permits may be purchased online <u>here</u>.
- Off-campus Parking You may park off-campus at one of Emory's Park-and-Ride shuttle sites. The two sites are North DeKalb Mall and South DeKalb Mall. Parkand-Ride shuttles offer regular weekday-only service linking each mall to Emory's main campus. There are limited stops in between. For more information, please click <u>here</u>.

Ridesharing

Of course, ridesharing is also a transportation option for Emory students commuting to campus. Both Uber and Lyft regularly offer promotional deals for discounted fares. For more ridesharing trips, please click <u>here</u>.

Car-sharing

Zipcar, the world's leading car-sharing network, provides on-demand access to cars by the hour or the day. Emory students can sign up for Zipcar's student plan. The fee for the first year is \$15. After that, student plans are as low as \$7 per month. You must book your car by the hour or day. Hourly fees typically start around \$5.





Family Resources

Graduate students with families are an integral part of our LGS learning community. We believe in supporting scholars with children by providing resources on campus, as well as information for childcare and local schools. We are also aware of scholars who support elderly family members. Resources are available for those scholars.

New Parents

For parents who breastfeed, Emory provides a number of <u>lactation resources</u> on campus.

Child Care

There are several childcare options near Emory's campus, some of which either provide subsidies or offer specific discounts to Emory faculty, staff, and scholars. These include:

- The Clifton School
- The Early Emory Center for Child Development and Enrichment
- The Goddard School

For additional childcare options and general fees, please visit <u>Emory's Child Care</u> <u>Network site</u>.

Public Schools

Children who live near Emory's campus may attend a public school within the DeKalb County School District, Atlanta Public Schools or City Schools of Decatur.

DeKalb County School District (DCSD)

The DCSD is the third largest school system in Georgia, serving nearly 102,000 students in 140 schools and centers. Information can be found <u>here</u>. If you live near Emory's campus, your child(ren) may attend one of the following public schools:

- Elementary
 - Avondale Elementary
 - Briar Vista Elementary
 - Fernbank Elementary
 - Kittredge Magnet School for High Achievers
 - Laurel Ridge Elementary
 - McLendon Elementary
- Middle
 - o Druid Hills Middle
- High
 - o Druid Hills High
- Special Education
 - Margaret Harris Comprehensive School
- Charter
 - International Community School (Grades K-5)







Atlanta Public Schools (APS)

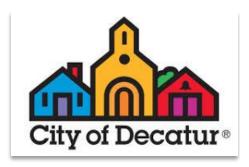
Organized into nine high school clusters with distinct feeder patterns, the APS model allows all students attending a particular elementary school to matriculate to the same middle school, and students enrolled in that middle school will matriculate to the same high school. The APS website provides an overview <u>here</u>. The APS cluster nearest Emory is Grady.

- Elementary
 - Hope-Hill Elementary
 - Mary Lin Elementary
 - Morningside Elementary
 - Springdale Park Elementary
- Middle
 - \circ Inman Middle
- High
 - Grady High
- Charter
 - Centennial Academy (Grades K-8)
 - Kindezi Old Fourth Ward (Grades K-8)

City Schools of Decatur (CSD)



As mentioned in the housing section, CSD is the #4 Best School District in Georgia. There are seven schools in this independent public-school district, serving all children within the four-square mile area of the city of Decatur. For more information, please click <u>here</u>.



- Elementary
 - Clairmont Elementary
 - Glennwood Elementary
 - o Oakhurst Elementary
 - Westchester Elementary
 - o Winnona Park Elementary
- Middle
 - Renfroe Middle
- High
 - o Decatur High

Private Schools

For parents interested in sending their children to private school, there are several options near Emory's campus. These include:

- Atlanta Area School for the Deaf
- Ben Franklin Academy
- Decatur Montessori School
- Intown Community School
- <u>Mohammed Schools of Atlanta</u>
- The Paideia School





Elderly Care

Emory's Wesley Woods Center is one of the first comprehensive outpatient and acutecare facilities to specialize in geriatric and elder care. Wesley Woods is located only a half-mile from Emory's main campus. The Wesley Woods Towers retirement community offers apartment living with a variety of floor plans to meet the needs of senior residents. The community also provides assisted living options, for seniors who need personal care. For more information, please click <u>here</u>.

Family Activities

There are several websites that cater to Atlanta families. These sites will keep you updated on family-friendly (and many times free!) activities happening around the city. Popular sites include:

- <u>Atlanta.net</u> Atlanta Convention & Visitors Bureau's (ACVB) website. Established in 1913, the ACVB is the official destination marketing organization for Atlanta, impacting the economy through conventions and tourism.
- <u>AtlantaParent.com</u> Since 1983, the monthly Atlanta Parent magazine has offered award-winning, practical information about important issues in the lives of Atlanta families. The magazine's Family Fun Guide touts itself as "the best calendar of kidfriendly events in the Atlanta metro area."
- <u>365AtlantaTraveler.com</u> This website is geared toward travelers and adventurers who live in Atlanta and the Southeast. The site features adventurous options within Atlanta, getaways across the Southeast and journeys that can be easily reached from the world's largest airport, Atlanta's Hartsfield-Jackson International Airport.

Markets, Groceries, and Eateries near Campus

Markets and Grocery Stores

There are various supermarkets, farmers markets, natural foods markets and international grocery stores near Emory's campus.

Markets

- <u>Buford Highway Farmer's Market</u> (5600 Buford Hwy NE, Doraville, 30340)
- <u>Candler Park Market</u> (1642 McLendon Ave., NE, Atlanta, 30307)
- <u>DeKalb Farmers Market</u> (3000 E. Ponce de Leon Ave., Decatur, 30030)
- <u>Mercado Fresco at Plaza Fiesta</u> (4166 Buford Hwy NE, Chamblee, 30345)
- <u>Ponce City Farmers Market</u> (675 Ponce de Leon Ave., Atlanta, 30308)
- <u>Sevananda Natural Foods Market</u> (467 Moreland Ave., NE, Atlanta, 30307)





Grocery Stores Chains Around Emory and the Greater Atlanta Area

- Kroger
- Patel Brothers
- Publix
- Sprouts Farmer's Market
- Whole Foods Market

Emory On-campus Dining

Spending much of your time on campus, you will want to know where you can grab food! Emory offers several campus dining options in various locations. Whether you want a full meal or a light snack, you will have access to numerous options. For locations and hours of operation, please visit <u>Emory Dining's website</u>.

Emory Farmers Market

The Emory Farmers Market features fresh, seasonal local produce; artisanal bread; honey; other artisan products and baked goods; fair trade and organic coffee options; and diverse lunch options. Each Tuesday from 11am-3pm (except during summer and school breaks), Emory students, faculty and staff may shop with local farmers and small business owners for healthy, sustainably produced goods. The market is held at the Cox Hall Bridge on Emory's main campus. For more information, please click <u>here</u>.

Emory Village

Emory Village is the historic, commercial heart of Druid Hills. Located just steps outside of campus, along North Decatur Road, the Village offers several options for dining – including local and national chains. Chipotle, Panera, Starbucks, Dave's Cosmic Subs, Ali's Cookies, and Falafel King are just some of the options you will find here. The Village is also home to a CVS Pharmacy, banks, salons and a spa, a pottery studio, a butcher shop, and Emory's Barnes & Noble Bookstore. For more information, please visit the <u>Emory Village website</u>.

Emory Point

The Point is a collection of shops and restaurants located a short walk from Emory's campus, along the Clifton Road Corridor, and across from the CDC. It is also home to Emory Point Apartments, mentioned under the <u>Housing</u> section of this guide. The Point includes 120,000-square feet of restaurants and lifestyle experiences. Anchors such as CVS and The General Muir complement an array of restaurants and specialty stores like Desta Ethiopian Kitchen, Code Ninjas, LOFT, Emily J Aveda Spa and more. You can learn more about The Point by visiting the <u>website</u>.





Arts and Culture

At Emory

Emory cultivates an active arts community. The university encourages innovation and interdisciplinary collaboration through initiatives including 1) Arts at Emory, through which the campus hosts hundreds of programs that bring together thousands of students, faculty, guest artists and visitors annually and 2) Creativity & Arts, part of Emory's Strategic Plan that fosters interdisciplinary creativity. With more than 300 events each year, including performances across multiple disciplines, our audiences enjoy the widest variety of events available in one location, making Emory University a destination for arts patrons in Atlanta. Most events are free and open to the public. More information can be found here.

The Michael C. Carlos Museum hosts the South's largest ancient art collection. Increased visibility and support allowed the Museum to develop ambitious education and outreach programs serving thirty thousand school-children each year; create an art conservation lab and teaching program unique in the Southeast; present major international exhibitions; and dramatically expand in size and scope its collections of Egyptian, Near Eastern, Classical, ancient American, African, and Asian art, as well as its important body of works of art on paper from the Renaissance to the present. Today, more than one hundred thousand visitors experience the Carlos Museum each year.

The Donna and Marvin Schwartz Center for Performing Arts is a place where teaching, learning, and performance merge to create a vital arts presence for the entire community. Since the opening of the Schwartz Center in February 2003, the arts have assumed a more visible, central place on Emory's campus. Because the arts are among



the most exalted and enduring cultural achievements of civilization, Emory is proud to provide a place where cultivation of the arts through teaching, learning, encouragement, and stewardship can thrive. Students, faculty, and worldrenowned guest artists combine their talents and hard work to create an experience that brings culture, beauty, and provocative work to the community.

There are several spaces on Emory's campus that can be used for creative events. These include Canon Chapel, Glenn Auditorium, the Carlos Museum, Miller-Ward Alumni House, and the Performing Arts Studio. There are rental policies, which may be viewed <u>here</u>.



Around Atlanta

Atlanta is a bustling city for arts and a regional cultural center. According to Atlanta's Office of Cultural Affairs, city leaders have a vibrant plan to promote rich and diverse cultural experiences that enhance the quality of life and expand the city's international reputation while preserving its heritage. Enthusiasts of all ages can find arts and cultural activities to enjoy. Furthermore, members of the Emory community can purchase discounted tickets to many of those activities, via <u>Student Center Operations and Events</u>.

Below are several activities to enjoy around the city.

 <u>Art on the Atlanta BeltLine</u> – The Atlanta BeltLine is a 22-mile loop of multi-use trails and parks that connects 45 intown Atlanta neighborhoods. One of the city's newest

initiatives is Art on the Atlanta BeltLine. The initiative celebrates the voices and experiences of Atlantans through the work of hundreds of visual artists, performers, and musicians. Art on the Atlanta BeltLine spans seven miles of trail on the east and west sides of the city. It is a linear gallery where art explorers can find a variety of works: sculpture, murals, photography and more!



- <u>Atlanta Botanical Garden</u> The Atlanta Botanical Garden is an ever-evolving destination with renowned plant collections, beautiful displays, and spectacular exhibitions. It is an urban oasis in the heart of Midtown Atlanta and includes 30 acres of outdoor gardens, an award-winning Children's Garden, a unique canopy walk and a picturesque Skyline Garden.
- <u>Atlanta Sport and Social Club</u> The Atlanta Sport and Social Club (ASSC) is Atlanta's premier provider of adult recreational sports leagues, fun-filled social events, and adult sports tournaments. The ASSC offers year-round, traditional sports like soccer, softball, kickball, and cornhole. Atlanta Field Day is a signature event, but they also host tournaments throughout the year, including the Strikeout Hunger softball tournament, and the fall flag football tournament supporting Crohn's & Colitis Foundation of America.
- <u>Center for Civil and Human Rights</u> The National Center for Civil and Human Rights in downtown Atlanta is an engaging cultural attraction that connects the American Civil Rights Movement to today's struggle for Global Human Rights. The purpose is to create a safe space for visitors to explore the fundamental rights of all human beings so that they leave inspired and empowered to join the ongoing dialogue about human rights in their communities.
- <u>Georgia Aquarium</u> The Georgia Aquarium is the nation's largest aquarium, with 10 million gallons of fresh and saltwater housing the largest single aquarium habitat in the world. Exhibits, such as the Aquanaut Adventure and the Cold Water Quest, are enjoyed by adults and children alike. The Aquarium also offers CampH2O, a



summer day camp for children in grades pre-K - 8. Children can enjoy close animal encounters, behind-the-scenes tours, and opportunities to meet experts.

• <u>High Museum of Art</u> – The High Museum of Art is Atlanta's premier museum and

the leading art museum in the southeastern US. It is home to a collection of historical and contemporary art and special exhibits. Additionally. the museum hosts several regular events catering to families, couples' date night and solo outings. These activities include Toddler Thursdays from 10:30am-3:00pm; Jazz at the High on the third Friday of every month; and Family Art



Escapes, with a different theme each month.

 <u>Historic Oakland Cemetery</u> – This historic cemetery is located less than a mile from Downtown Atlanta. It is Atlanta's oldest public park and the final resting place for many noted Atlantans such as golfer Bobby Jones,

Margaret Mitchell, and former Mayor Maynard Jackson – the first African American mayor of Atlanta. You can explore Oakland Cemetery on your own or with a knowledgeable tour guide.

- Martin Luther King, Jr. National Historical Park The Martin Luther King, Jr. National Historical Park is comprised of the King Center, Historic Ebenezer Baptist Church, Freedom Hall, Dr. King's birth home and his gravesite. Visitors can view films and exhibits and take a guided tour of the birth home, where Dr. King lived the first 12 years of his life.
- <u>The Masquerade</u> This is one of the most diverse, live music venues in the country. It features three indoor venues surrounding a large, open-air courtyard. The



Masquerade hosts concerts of various genres – including rock, alternative, indie, electronic, hip-hop, metal, and punk. Over 700 shows and events are held here each year. Currently, live events have been postponed, due to the COVID-19 pandemic.





 <u>Professional Sports</u> – Atlanta is home to five professional sports teams: 1) Atlanta Braves MLB baseball; 2) Atlanta Falcons NFL football; 3) Atlanta Dream WNBA



Basketball; 4) Atlanta Hawks NBA basketball; and 5) Atlanta United FC MLS soccer. At any given time during the year, at least one of these teams will be in season! All teams – except for the Braves, who play in the NW Atlanta/Smyrna area – play in downtown Atlanta. Also, the Braves, Falcons, Dream, and Hawks offer student discounts on tickets and packages. In addition to professional sports teams, Atlanta also plays host to these professional events: 1) Truist Atlanta Open, a USTA tournament held in Midtown; 2) the FedEx Cup, a PGA Tour Championship in East

Atlanta; and 3) NASCAR racing at Atlanta Motor Speedway in Hampton, 30 minutes south of the city.

EDGE (EMORY DIVERSIFYING GRADUATE EDUCATION)

At LGS, we strive to create and strengthen an inclusive, respectful, and intellectually challenging environment that embraces individual difference. We are committed to initiating, cultivating, and sustaining an academic community that engages diverse intellectual capacity and that values open dialogue, cooperation, shared responsibility, mutual respect, and cultural competence.



Diversity enriches the academic environment. We recognize that innovative research and scholarship must include diversity in geography, race, ethnicity, national origin, sexual orientation, gender, gender identity or expression, age, spirituality, socioeconomic status, disability, family status, opinions, thoughts, and ideas. Indeed, there are many communities within the Emory community. There are several organizations, programs,



and initiatives across campus that are dedicated to connecting you with a range of communities, resources, and support services.

<u>Emory Diversifying Graduate Education (EDGE) initiatives</u> promote and engage graduate diversity at Emory. Diversity is achieved through programming dedicated to the achievement of all scholars.

Key EDGE Initiatives

EDGE is responsible for maintaining and sustaining initiatives focused on diversity by:

- Enriching Community
- Developing Outreach Partnerships and Affiliations
- Creating an Inclusive Campus
- Recruiting Excellent Students from Diverse Backgrounds

The EDGE initiative is achieved using a three-themed schematic that is interconnected and interdependent: *Community, Programming, and Recruitment/Retention.*

Community

To attract and retain a diverse student body, we focus on sustaining an inclusive community, where students of diverse backgrounds feel welcome and respected. Some of our community programming includes:

- Centennial Scholar Celebration
 - <u>Centennial Scholars</u> The Centennial Scholars Fellowship is awarded to incoming doctoral applicants who have demonstrated outstanding academic achievement and who will contribute to the development of a richly diverse student body. These fellows meet with LGS leadership and have both professional and social activities planned for them.
- WiNS Celebration
 - <u>Women in Natural Sciences (WiNS)</u> The WiNS Fellowship is given to an incoming female student who demonstrated outstanding academic achievements and will contribute to the increase in women in selected fields and establish a more gender-diverse academic community. To be considered for the WiNS Fellowship, applicants must identify as a woman and plan to pursue a doctoral degree from Biomedical Engineering, Biostatistics, Chemistry, Computer Science and Informatics, Mathematics, or Physics.
- Bouchet Graduate Honor Society Recognition
 - <u>Edward A. Bouchet Graduate Honor Society</u> Emory University is a member of the Edward Alexander Bouchet Graduate Honor Society, which is named for the first African American doctoral recipient in the United States (Physics, Yale University, 1876). The Bouchet Graduate Honor Society acknowledges outstanding scholarly achievement and promotes diversity and excellence in doctoral education and the professoriate. It is a network of preeminent scholars who exemplify academic and personal excellence, foster environments of support and serve.





- EDGE Affinity Groups (virtually and in person)
 - o 1st Generation Scholars
 - 500 Miles or More from Home
 - o Diverse Scholars in the Humanities & Social Sciences
 - Diverse Scholars in STEM
 - LGBTQIA+ and More
 - o Women in Humanities & Social Science
 - Women in STEM
- Celebratory Announcement of Laney EDGE Fellowship and Award Recipients
- Mentoring Matters
 - P2P Grad Connect: EDGE & Campus Life RACE
 - o Graduate Mentors in FLIP

Programming

EDGE also hosts numerous social and professional events. During the academic year, EDGE has a forum series that addresses mentoring for success, graduate student retention, faculty diversity, and social justice as an academic. EDGE also hosts diverse scholar networking receptions throughout the year.

- Forum Series Sessions
 - A User's Guide to Understanding Pronouns
 - Racism in the US
- Research Symposium on racial disparities, Racial Inequities, and Injustice
- Guided conversations on Race and Differences at Emory

In addition to LGS offerings, <u>Belonging and Community Justice at Emory</u> – which includes the Center or Women; Office of Lesbian, Gay, Bisexual, and Transgender (LGBT) Life; Office for Racial and Cultural Engagement (RACE); and Social Justice Education (SJE) – is driven by an enduring commitment towards building and inclusive community at Emory.

Recruitment/Retention

To ensure successful matriculation and completion, retention is key. EDGE maintains a sustained engagement with graduate programs and faculty leadership around diversity issues. Particular points of engagement include: 1) Annual Reports and 2) Annual Recruitment and Admission Meetings.

Additionally, EDGE partners with diversity-focused organizations to identify and connect with diverse scholars. These include:

- IRT (Institute for the Recruitment of Teachers)
- Hispanic Association of Colleges and Universities (HACU)
- McNair Scholars Program
- Mellon Mays Scholars Program
- National Consortium for Graduate Degrees for Minorities in Science (GEM)
- National Name Exchange
- The United Negro College Fund (UNCF)



Historically Underrepresented Groups of Students/Underrepresented Minorities (HUGS/URMs)

LGS is dedicated to fostering diverse and inclusive excellence. In doing so, we strive to strengthen an inclusive, respectful, and intellectually challenging environment that embraces the histories and heritages of all racial communities at Emory. We are committed to proactively cultivating and sustaining an academic community that engages diverse intellectual capacity and that values open dialogue, cooperation, shared responsibility, mutual respect, and cultural competence. EDGE supports HUGS/URMs academically, personally, and professionally through recruitment, successful matriculation, and graduation.

EDGE is committed to supporting and celebrating our Native/Indigenous, APIDA, Latinx, Black, and multiracial community by hosting mixers, wellness events, and dialogues. For more information, please visit our <u>Diversity website</u>.

International Students

Emory is home to 3,104 international students and 1,044 international scholars from over 100 countries. Resources are provided to international scholars via <u>International Student</u> and <u>Scholar Services</u> (ISSS). The ISSS office aspires to be a comprehensive resource for Emory University's diverse international community through advocacy, collaboration, education, and immigration expertise. In addition to supporting Emory's internationalization efforts, ISSS provides immigration advice and support to international students and ensures the integrity of the university's immigration programs.

<u>English Language Support Program in LGS</u> strives to provide high-quality language instruction to students whose first language is other than English and to encourage on-



going and long-term improvement of speaking and writing skills. The curriculum focuses on the development of accurate advanced language skills for the graduate level study. Emory teaching roles and the speaking demands of the professional world inside and outside the university community.Emory also offers other support services. **Organizations** include the African Students Association, Arab Cultural Association, Emory Chinese Student Association, Vietnamese Student Association, and

the <u>Indian Cultural Association</u>. Additionally, LGS scholars are members of various campus organizations including <u>International Graduate Students and Scholars</u> (IGSS),



Latinx Graduate Student Association (LGSA), and the Emory chapter of the <u>Society for</u> Advancement of Chicanos/Hispanics & Native Americans in Science (SACNAS).

New LGS students who are not U.S. citizens or permanent residents will need to obtain visas, generally through a U.S. consulate in your area. Before Emory will issue documents in support of visas, international scholars must demonstrate their ability to cover the full cost of educational and living expenses. Doctoral scholars are usually able to demonstrate this ability entirely or almost entirely through support (scholarships, fellowships, etc.) awarded by LGS or other funders. Incoming international scholars are required to attend the International Scholar Orientation in August.

Undocumented and DACAmented Students

Emory University leadership have reaffirmed our commitment to ALL of our students remains steadfast. Emory's undocumented and DACAmented students are creative, resilient leaders who contribute in vital ways to the campus community. There are robust policies already in place to ensure that undocumented and DACAmented students have the need-based financial resources necessary to complete their education. Additionally, legal aid is available. If you are an undocumented or DACAmented student with questions or concerns, please contact Student Case Management and Intervention Services. In order to maintain privacy, you may reach out directly to the SSPS director. For more information, please click here.

LGBTQ++ Students

Emory's Office of Lesbian, Gay, Bisexual, and Transgender Life is the go-to resource for LGBTQ++ students to connect to campus services and information. The Office of LGBT Life provides support and resources and works behind-the-scenes to make Emory University as accessible and inclusive as possible for students of all gender and sexual identities. The Office of LGBT Life promotes initiatives to support LGBTQ++ students. The "Out at Emory" campaign allows LGBTQ++ faculty, staff, students, and alumni a greater visibility on campus. The Safe Space program is a training



designed to help all faculty, staff, and students provide support for Emory's LGBTQ++ community. Additionally, there are funding opportunities for the leadership development of LGBTQ++ students.

The Office of LGBT Life is also committed to supporting the needs and experiences of queer and/or trans students of color, as well as trans and gender non-conforming students. For more information, please visit the <u>LGBT Life website</u>.





Veterans

At Emory, veterans and their families are a valued part of our community. The university is committed to investing in veterans as students and caring for veterans in metropolitan Atlanta. We have a close relationship with the Atlanta VA Medical Center, helping to ensure patient-centered care for the more than 130,000 enrolled veterans living across northeast Georgia. Please visit our <u>Veterans Support website</u> for more information.



The Yellow Ribbon Program is a provision of Post-9/11 Veterans Educational the Assistance Act of 2008. This program allows degree-granting institutions of higher learning in the U.S. to voluntarily enter into an agreement with the VA to fund tuition expenses that exceed the annual VA tuition and fees benefit. Emory University has partnered with the Department of Veteran Affairs to fund tuition expenses that exceed the highest public in-state undergraduate tuition rate. Emory can waive up to 50% of

those expenses and the VA will match the same amount. This program is handled through the University Registrar's Office. For more details, please click <u>here</u>.

CAMPUS LIFE AND SERVICES

Accessibility Services

Emory's <u>Department of Accessibility Services</u> (DAS) is committed to advancing an accessible environment for scholars, faculty, staff, and visitors. We want all Emory scholars to be able to obtain a quality educational experience.

Graduate students with accessibility needs must register with DAS and make a request for services. Additionally, you are encouraged to send a letter from your previous institution that includes the accommodations used. DAS honors and maintains confidentiality.

Campus Safety

Emory maintains its own police department that manages law enforcement, fire safety, and emergency medical services. Emergency "blue light" phones, located throughout campus, link callers directly to the department in order to report emergencies and request security escorts.





The Office of Critical Event Preparedness and Response (CEPAR) coordinates campuswide activities related to unusual events. The Emory Emergency Notification program is a multi-modal system for alerting students, staff, faculty, and visitors of an emergency affecting the Emory community. The wide array of notification options affords Emory the flexibility to convey emergency information in the most appropriate manner and provides redundancy to help ensure the message gets out. These options include outdoor sirens, Emory email, text messages and the Emory CEPAR social media pages (@EMORY_CEPAR on Twitter and EmoryCEPAR on Facebook). For more information on campus safety, please click <u>here</u>.

In addition to using the TransLoc Rider app to access the Emory Shuttle System schedule, you may also use TransLoc's OnDemand feature for the overnight SafeRide shuttle service. The system allows you to reserve a ride from the safety of your dorm room, office, library, etc. and will provide real-time vehicle tracking. You'll receive an alert when the bus is 3-5 minutes away from picking you up.

SafeRide users will still be able to utilize the service by contacting Emory's Transportation and Parking Services (TPS) dispatch by phone (404.727.7555) for shuttle service and walking escorts. No matter how you use it, the ultimate goal of the SafeRide service is to connect you safely to your final destination on Emory University's campus. *If you are traveling on campus after dark, you should always do so in groups of two or more people. If you need to walk alone and want an escort, you should call for a SafeRide escort.*

TPS and the Emory Police Department provide SafeRide service for students and employees. The program provides a safe escort to an employee or student who feels unsafe traveling to areas of campus that are not directly served by shuttle service or for those times when the shuttle service is not in operation.



The SafeRide may be a shuttle, golf cart, vehicle or walking escort to your destination. SafeRide operates from 9:00PM – 5:00AM. *Late-night shuttle runs Thursday-Sunday from 11:00 PM to 3:00 AM.*

To request SafeRide, use the On Demand feature in <u>TransLoc's Rider app</u> or call 404.727.7555.

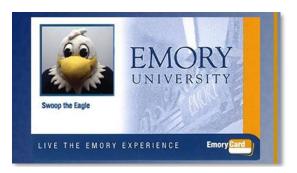
EmoryCard

As an Emory University student, you will need an EmoryCard. Not only will it identify you as a member of the Emory community and grant you access to a number of services, but



you will also be able to use it for discounts at participating merchants in the surrounding community and for special events around town. These include:

- Gyms LA Fitness, Planet Fitness
- Hotels Choice Hotels, Hilton Hotels, Intercontinental Hotel Group
- Rental Car Companies Avis, Budget, Enterprise, Hertz
- Restaurants Applebee's, IHOP, Dunkin Donuts
- Sam's Club
- Staples
- Concerts
- Sporting Events



LGS students may pick up EmoryCards at New Student Orientation in August. For more EmoryCard information and a list of other participating merchants, please visit the <u>EmoryCard Services</u> site.

Career Planning, Internships and Future Employment

Emory offers a number of resources and services for LGS students, including links to internship and job databases, career fairs, and career coaching.

- <u>LGS Professional Development and Career Planning Services</u> LGS hosts a wide range of events throughout the year that cover topics ranging from career panels with alumni to skill development workshops.
- Internship Opportunities LGS offers formal and informal internship opportunities. students in all disciplines and fields, can receive course credit for participation in and completion of an unpaid internship wherein students gain training and/or workplace experience that broadens their knowledge base/skillset and expands their career options. Examples of internships could include a student completing an eight-week internship over the summer with a pharmaceutical company, or a student interning five hours a week at the Atlanta Botanical Gardens on an educational and outreach project.
- <u>Emory University Career Center</u> Handshake is the primary online student-alumniemployer portal for full and part-time jobs, internships, on-campus recruiting and employer information sessions. Most on-campus recruiting is set up for undergraduates, but many employers would be excited to meet interested graduate students while they are on campus.
- <u>Rollins School of Public Health Office of Career Development</u> The Rollins School of Public Health Office of Career Development offers a full array of career services of LGS PhD students enrolled in Public Health Sciences programs. These services



include events, career fairs, a job database, and individual coaching services. The Office is located on the 8th floor of the Grace Crum Rollins Building.

 <u>Emory Alumni Association Career Services</u> – Emory Alumni Association Career Services offers Alumni Career Coaching, access to job postings, and career webinars on a variety of professional development and industry topics.

Please note: Students who accept merit awards (fellowships that a carry a stipend) are expected to devote themselves full time to their studies, and not be employed. The terms of a merit award made by LGS may prevent a student from gaining employment. Before accepting employment concurrently with receipt of a merit award, a student should consult with his/her Director of Graduate Studies and obtain the permission of the Dean of the Laney Graduate School.

Libraries

The Emory University library system comprises the Robert W. Woodruff Library and several specialty libraries. The libraries make a wide range of remarkable assets available to the university community and the general public, including:

- Print and electronic volumes: More than 4.5 million
- Serials: More than 300,000
 serial titles are available via electronic access

There are seven libraries within the Emory library system, six of which are on the main campus. Below is a list of libraries.

- 1. Robert W. Woodruff Library
- 2. Goizueta Business Library
- 3. Woodruff Health Sciences Center Library
- 4. Hugh F. MacMillan Law Library
- 5. Stuart A. Rose Manuscript, Archives and Rare Book Library
- 6. Oxford College Library
- 7. Pitts Theology Library

For more information, including hours of operation for each library, please visit the <u>Emory</u> <u>Libraries website</u>.

Study Spaces







The Emory University library system maintains several study spaces for individual and group study, as well as designated quiet areas. Arts & Sciences graduate students writing dissertations are eligible for individual study rooms. In order to be assigned a space, students must submit an application to the Library Service Desk on level 2 of the Woodruff Library. A study room – equipped with a built-in desk, shelves, and a chair – is assigned to one person for up to three semesters/one full year. Arts & Sciences graduate students writing honors theses are eligible for individual carrels, for which you must also apply. Individual carrels are 3' x 5' and come with a built-in desk, shelves, chair, and a small locker.

For group study that requires substantial conversation, there are 15 rooms in the Woodruff Library, featuring 11 displays equipped with Solstice wireless and HDMI wired connection capabilities. For quiet study, designated areas include a space across from the Center for Digital Scholarship in the Woodruff Library; study lounge areas on floors 4, 5 and 8 of the Woodruff Library; the Candler Library Lobby; and Candler Library room 304. In addition to the libraries, there is a quiet study space in the Math & Science Building Reading Room. For more information on campus study spaces, please visit the Libraries website.

Important COVID-19 Update: To utilize individual library study spaces, an appointment must be scheduled. Dedicated, graduate-only study spaces are available by appointment only in Woodruff Library and the Emory Center for Digital Scholarship.

Civic and Community Engagement

The Emory community is consistently recognized for its local and global commitment to service and volunteer work. The Center for Civic and Community Engagement (CCE) offers established programs that are vital to the communities around Emory – programs that help members of the community channel their passion for social justice, education, health care, and more into purposeful impact in the metro Atlanta community and beyond. As participants learn and grow, they find they can be catalysts for change and can better serve their community.

Volunteer Emory and the Ethics and Servant Leadership Program are two of the many initiatives that encourage student involvement.

Volunteer Emory

Volunteer Emory – supported by Student Involvement, Leadership, and Transitions (SILT) – is a hub for campus involvement, events, and programs aimed at promoting engagement, learning, intercultural competency, enhancing leadership capacity in our students and building community. From joining student organizations to joining our international student life or orientation initiatives to attending large-scale social events, SILT offers a myriad of ways to connect with the Emory community. The goal is to encourage students to pursue passion and connect to a global society. To learn more about Volunteer Emory, please visit the <u>SILT website</u>.





Ethics and Servant Leadership Program

The D. Abbott Turner Program in Ethics and Servant Leadership (EASL) promotes servant leadership and ethically engaged practice throughout Emory University. Amidst declining civic involvement and growing cynicism toward public institutions, universities must take seriously their role in cultivating and forming tomorrow's leaders. Inherent in this work is the need to develop intellectual rigor, ethical awareness, and a concern for the common



good in those leaders. The EASL program maintains that true leaders are those attuned to working in partnership with individuals and the communities in which they live in order to improve human flourishing. Whether in non-profits, businesses, politics, religion, law, or medicine, EASL strives to animate, encourage, advance, and support Emory's citizen-scholars as they develop the power to serve and lead for the common good. To learn more about EASL, please visit the <u>Center for Ethics website</u>.

HEALTH and WELLNESS

Student Health

As a reminder, most doctoral students are eligible for a health insurance subsidy for at least the first five years of enrollment. The subsidy covers 100% of the cost of the Emory University Student Health Insurance Plan (EUSHIP). Specific programs may offer additional years of health insurance subsidies based on additional funding support; consult your program for more information. EUSHIP subsidies are disbursed to student accounts in OPUS.

Mental Health and Counseling

Emory University is invested in supporting the varied mental health needs of its diverse students, which involves attention to both individual student needs and the needs of its overall student body. Emory's Counseling and Psychological Services (CAPS) provides free, confidential services for students including initial assessments, crisis intervention, community referrals, brief individual, couples, and group counseling; consultation; community outreach services; and educational workshops. The staff at CAPS know that student life is a transitional period and can bring pressure and stress.

CAPS (Counseling and Psychological Services)

The CAPS program offers an array of mental health services to support both individuals and the larger Emory community. These services include crisis intervention, initial assessments, brief individual and couples' therapy, various types of group therapies, support/discussion groups, a biofeedback clinic, community-level interventions, and





classes on stress management and emotion regulation. All regularly enrolled, fully registered Emory undergraduate, graduate, and professional school students are eligible for cost-free services.

The staff at CAPS know that human experiences are significantly impacted by bias, privilege, marginalization, invisibility, and systemic oppression in ways that affect their



health, well-being, and comfort. When injustices, day-to-day experiences of microaggressions, and tragedies occur that impact your sense of safety, CAPS staff will stand with you and offer support as you navigate the challenges of life. Differences are celebrated and valued in order to build a stronger community and remain unified in Emory's values of inclusiveness, polyculturalism, respect, and social justice. For more information, please visit the <u>CAPS</u> <u>website</u>.

Emory Student Telehealth

Emory recognizes that staying physically and emotionally healthy is an important part of your academic success and overall well-being. As a result, the University is ensuring access to resources for all Emory students. During this period of remote learning due to COVID-19, CAPS has expanded its capacity for offering medical and mental health support to all students by offering telehealth and in-person services, expanding nonclinical support, and contracting with a 3rd party vendor, TimelyMD, to offer telehealth care to all students, including those residing outside of Georgia. You can find more information here.

Religion

Emory College was founded by Methodists, and the university still maintains a formal affiliation with the United Methodist Church. The university also encourages a diverse religious life. Emory provides ample and creative opportunities for enhancing religious life on campus through worship, service, education, and journeys of reconciliation. Undergraduate and graduate student organizations enrich the diverse religious character of the campus. The Inter-Religious Council is comprised of representatives from all campus religious groups, including Christian, Jewish, Muslim, Hindu, Buddhist, and Baha'i groups. For more information on religious life at Emory, please visit the <u>Religious & Spiritual Life website</u>.





Spirituality

There are varied opportunities at Emory for you to enhance your spiritual life through prayer, service, engagement, and outreach. The university believes in creating and sustaining community; promoting understanding of religious and spiritual practices and traditions; encouraging outreach to humanity; examining the role of conflict in building bridges of understanding, and challenging and



supporting the Emory community in continuing ethical and spiritual formation. There are programs that cater to those focused on enhancing spiritual life, such as the Religion and Health Connection. This program provides a network for exploring questions related to the integration of physical, emotional, and spiritual dimensions of health. For more information on spiritual life at Emory, please click <u>here</u>.

There are several quiet spaces on campus for prayer and meditation. The spaces are in Cannon Chapel, in Emory Hospital and outdoor spaces near Alabama Hall, the Carlos Museum and the Woodruff Library. You may view the details of these quiet spaces <u>here</u>.

Recreation and Wellness

Emory Recreation and Wellness strives to instill the Emory Community with a passion for physical activity and a healthy lifestyle from the moment an individual arrives on campus. The university provides an academic and recreational health and wellness program through physical activity that enables the campus community to increase its physical, mental, and emotional health and engage in the creation of skills to ensure long-term healthy behaviors and professional success.

Our sports and recreation programs emphasize four core values:

- Holistic Health Curriculum and programs focus on the whole person (mind-bodyspirit) when engaging in physical activity
- Lifetime Engagement Based on experiential and theory-based approaches, Play Emory programs and services communicate the importance of being engaged in physical activity for a lifetime
- Collaboration Central to the success of Play Emory and unifying a community is the commitment to collaborative and mutually beneficial partnerships between student groups as well as internal and external constituents





 Inclusivity – Building unity and respect for individual needs and cultural differences through diverse and community-oriented academic and recreation programs

A comprehensive Club Sports program is an integral part of campus recreation. It bridges the gap between intramural sports activities and intercollegiate athletics. Club Sports



give Emory University's community an opportunity to participate in competitive sport activities, improve skill levels, gain leadership experience, and enjoy the recreational and social fellowship derived from sports involvement. A Club Sport is a student-run organization that has been given a temporary or permanent charter from the Club Sports Council (CSC) in cooperation with the Department of Recreation & Wellness and the Student Government Association. Club Sports are governed by the rules and regulations governing all student organizations under OSLS. Emory Recreation & Wellness recognizes and celebrates the transgender student population and encourages students to participate in intramural sports and club sports based on their expressed gender identity. For more information, please visit the <u>Recreation and Wellness website</u>.

Additionally, there are several state parks within a two-hour drive from downtown Atlanta. State parks outdoor enthusiasts may enjoy including:

- Sweetwater Creek Fishing, hiking, birdwatching, kayaking
- <u>Panola Mountain</u> Archery, biking, bouldering, tree climbing
- <u>Amicalola Falls</u> Waterfalls, zip lining, hiking, trails, survivalist camp
- Chattahoochee Bend Boating, kayaking, biking, geocaching

If you are looking for a closer outdoor option, visit Lullwater Preserve right on campus. This scenic 2-4-mile trail is great for walking, running, or catching up with friends.

EMORY FORWARD

Every Emory student, faculty member, and staff member has a role to play in adhering to community guidelines and helping others do so as well. This is important so we can all stay healthy and remain on campus. Based on the current COVID-19 conditions in Atlanta, and in consultation with public health experts on and off campus, Emory University has developed guidelines and resources for a continued safe learning environment.





COVID-19



Emory provides up-to-date COVID-19 guidelines, resources, and information you need to stay safe and healthy. This <u>site</u> will inform you about what needs to be done if you feel sick or believe you have been exposed, help you locate testing centers on campus and in the community, and provide tips for health behaviors to protect yourself. You will also be able to view the Emory COVID-19 Dashboard, which provides accurate and timely updates on the

University's confirmed cases and screening results and learn more about vaccine distribution.

Engaging on Campus

If you are planning to be on campus for any amount of time, you are required to complete the mandatory onboarding process in order to gain access to campus. The process includes the following:

- 1. Agree to the expectations and guidelines of the Emory Student Community Compact;
- Complete the required "Putting our Health and Safety First" virtual training for important health and safety guidelines for campus and a confidential health assessment;
- Enroll in the Emergency Notification System and ensure your mobile phone number is up-to-date. This number will be used for contact tracing in the event of COVID-19 exposure;
- 4. Provide a baseline list of close contacts whom you regularly encounter at Emory for the purpose of effective contact tracing in the event of COVID-19 exposure.
- 5. Take the required COVID-19 test. Screening appointment dates are predetermined;

This is the process for Spring 2021 however to get the most up-to-date information please regularly check <u>here</u>.

Campus Today

This <u>section</u> provides extensive resources for attending classes and working on and off campus. This includes semester start and end dates, policies around student events and gatherings, and permitted campus visitors. You will also find the latest guidelines and procedures are in place for shuttle operations and parking as well as accessing campus buildings.







Resources

A team of representatives – including those from Emergency Preparedness, Health Care, and Campus Life – is working hard to protect Emory students, faculty, and staff. The <u>Resources section</u> provides answers to frequently asked questions about the impact of COVID-19 on the Emory community. This section also allows students to refer back to recent and older community messaging. Finally, you will have access to all campus policies and guidelines for students. This includes information about how to access the Student Health Services portal, COVID reporting and status, and exposure notification procedures.

Support

Lastly, the <u>Support section</u> of the Emory Forward site provides information on numerous units working to support and protect Emory students. The units are listed below:

- Academic Services
- Accessibility Services
- Counseling and Psychological Services (CAPS)
- Registrar
- Spiritual and Religious Life
- Student Financial Services
- Student Health Services
- Technology Support



HELPFUL WAYS TO SAVE



Take Advantage of Emory Facilities

Skip paying \$35-\$100/month for gym memberships and activities. Utilize Emory's Student Activity and Academic Center instead. Your student fees include the Athletics and Recreation fee of \$142 (waived for 2020-2021, due to the COVID-19 pandemic) in the fall/spring and \$59 in the summer. This fee covers your Center membership for the year.

Pack Your Lunch

When you're bogged down with classes, research, meetings, and study sessions, it's easy to turn to fast food and vending machines. The average monthly food costs per person in Atlanta is \$313. That number can increase with constant visits to Chick-fil-A,





Starbucks, and other popular fast food restaurants. Save money by grocery shopping and packing daily snacks and lunch at least three times a week. Just think, if you spend \$12/day just on fast food and snacks, bringing your own food and snacks three times a week saves you \$36 each week or \$144 each month!

Participate in Free Networking Events

Emory offers numerous, no-cost opportunities for you to network with fellow doctoral students and professional partners. It's important to say "yes" to as many opportunities as possible, particularly since you don't have to spend your money! If you attend external events at bars and restaurants, try to leave your credit cards at home! Only bring enough cash to cover your meal and one or two drinks. Being open to new people and experiences will not only help you familiarize yourself with Atlanta, but it will also help you grow your local network!

Join Amazon Prime Student

Join Amazon Prime Student and receive a 6-month trial period that includes free two-day shipping on all Prime-eligible products. After your trial ends, your \$6.49/month Prime Student membership makes you eligible to receive Prime discounts and benefits for four years. Shop for textbooks, stream movies, and TV shows, and enjoy unlimited storage for your photos from your phone, computer, or tablet.

Let Go of Cable TV!

With streaming services such as Netflix, Hulu, Amazon Prime, and YouTube TV, you can do away with cable TV. AT&T and Comcast Xfinity are the two main cable, internet and phone providers for the area surrounding Emory. You can save money by choosing



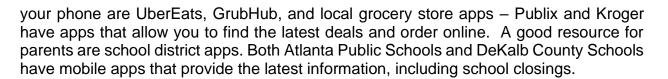
monthly packages for internet only or internet-live streaming deals. For example, for \$40/month, you could get high-speed internet through AT&T U-verse and stream your subscription services such as Netflix or Amazon Prime. If you were to keep cable through AT&T, the monthly fee would go up to a minimum of \$75/month. Understanding cable TV's declining popularity, Comcast

Xfinity now offers an internet + instant TV package. For \$44/month, you can get highspeed internet for streaming services while also getting 10 channels for live sports and news.

Download Local Mobile Apps

Using local apps might help you adjust a little easier. In addition to Uber and Lyft, if you're using public transportation, you should download MARTA's "On the Go" app, which offers real-time bus and rail schedules as well as system updates. Other great apps to have on





Join a Neighborhood Listserv

One of the most popular apps right now is Nextdoor. Joining Nextdoor allows you to be connected to your neighbors via an online community group. Neighbors share suggestions for local eateries, best professional services, information on local development project and any breaking news that arises. Joining your local community Facebook group is also a great way to get and stay connected.

Give Yourself Time to Settle In!

You'll be in Atlanta for a few years as you pursue your education. Don't expect to be acclimated in the first few months. It takes time to learn a new city! Stay the course and keep exploring! Eventually, you'll feel adjusted and more comfortable in your new space!

