

# NEW STUDENT RESOURCES

2024

**BOULDER BASICS**

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**FINANCIAL RESOURCES**

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**HOUSING**

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**FOOD**

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**CLOTHING**

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**HEALTH AND WELLNESS**

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**TRANSPORTATION**

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**BUILDING COMMUNITY**

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**ARTS, OUTDOORS, & HOBBIES**

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**CAREER SERVICES & STUDENT  
SUPPORT**

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**INTERNATIONAL STUDENT  
SPECIFIC CONSIDERATIONS**

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## INTRODUCTION AND HOW TO USE THIS RESOURCE

Hello, soon-to-be first year! We're so excited that you have decided to join the ENVS program here in Boulder, we think that you have made the right choice. This document has been created with the assistance of many folks, including extensive input from the DEI committee, international students, faculty and staff. The aim here is to provide you with the knowledge we wish we had when moving to Boulder, and that you have the most helpful and up-to-date information to make the most of your two years in the program. This resource is ordered with a hierarchy of basic human needs first (think food, housing, clothing, health and wellness) then provides more information on how to create a community once you have all that you need. At the end, there is a section crafted specifically for international students, by current international students, to smooth transitions and culture shocks.

In all, we know that moving to a new place and starting a masters program is an adjustment. Peruse and use this resource as you need and don't be afraid to reach out to Michelle Cadena if you need further assistance.

# BOULDER BASICS

## CLIMATE

Boulder, Colorado is located on the edge of the "Front Range" mountains - so called because, if you travel from the east, it's the first range that you come to. The climate is relatively mild, with an average of 300 sunny days per year and low humidity. Boulder experiences four seasons: when you arrive here in August you can expect the usual summer temperatures (80F, 27C) and afternoon thunderstorms; fall brings temperatures in the 60s (15C) and fiery shades of red as deciduous trees prepare for winter; winter lasts 6 months where temperatures can get below 0F (-17C) and we see quite a bit of snowfall; just when your eyes hit max capacity of viewing brown landscapes (from the dead grass and no leaves), peeps of green begin to emerge. All at once, it's spring in Boulder and endless wildflowers dot the foothills of the Front Range. Don't be fooled, however, because it's not unusual to experience a fun May snowfall - it's just something that happens here. Last but not least, it is very dry. If you come from a place with high humidity, it can be a shock to your airways (especially for folks with asthma). When you find yourself coughing in the night, safe to say it's time to get a humidifier.





## ALTITUDE

Boulder is nestled at an oxygen-reducing altitude of 5,430 feet, or 1,655 meters, above sea level. It is common and normal for some folks to get acute mountain sickness (AMS), and for others to be unperturbed by it. The symptoms of AMS include headache, nausea, lack of appetite, feeling weak or tired, and not sleeping well. This should subside within the first couple of weeks, but if symptoms do not improve you should see your doctor. Once you acclimate you might notice that activities you did at a lower elevation cause you to become winded at Boulder's elevation. Again, this is normal for most folks. Your body should acclimate over time, and then when you go back to sea level you will be a superhero to your friends.

If your hobbies include outdoor activities, such as a day hike in Rocky Mountain National Park, this is where you should be more mindful about the altitude. If your body is unaccustomed to altitudes of 12,000+ feet (~3,650 meters), which many hikes near Boulder are, there are more serious stages of AMS: high-altitude cerebral edema (HACE) and high-altitude pulmonary edema (HAPE). Be aware of these conditions when heading out and be prepared.

Another factor of living at a higher altitude is that the UV rays are stronger than at sea level. Be sure to wear sunscreen and, pro-tip, if you are going on aforementioned hikes, do not wear normal chapstick - use chapstick with SPF. If you use normal chapstick at 12,000 feet, it is essentially tanning oil and you might spend the next two weeks with cracked lips. The author certainly does not speak from previous experience.



## CULTURE

Boulder is classified as a city, with a population of ~110,000 people in the city proper and ~327,000 people in Boulder County. The average annual household income is \$124,000 USD (nearly 2x the United States average) and 90% of folks identify as white. With the city being situated on the edge of a mountain range, many folks move to Boulder for outdoor access. There is road and mountain biking, skiing, trail running, bucket-list hikes, climbing, paragliding, and anything else you can imagine within an hours drive. If these activities aren't your vibe, don't worry. There are museums, weekly food markets, book stores, live music and more, especially if you are able to get to Denver about 30 minutes away. With this, it would be remiss to say that the outdoor vibe in Boulder isn't intimidating - it definitely can be. But, if it's not your thing, it doesn't have to be!



# FINANCIAL

# RESOURCES

## BUFF CARD BENEFITS

Your Buff Card serves as your school key and bus pass on the Regional Transportation District (RTD) system. Students ride “free” on all of the local and regional buses in Boulder and Denver, including the Hop/Skip/Jump/Bound/Stampede/Leap services that include transportation to the Denver International Airport (DIA). Many stores offer student discounts when you show your BuffCard. Always check to see if there is a deal you can get.

## CU STUDENT EMERGENCY FUND (SEF)

CU Boulder has both a [Student Emergency Fund](#) and a [Graduate Student Emergency Aid Fund](#). Should you find yourself in an emergency situation that you are unable to afford, these programs accept applications on a rolling basis. Funding is provided on a case-by-case basis but can include events such as medical, dental, or mental health emergencies, major accidents, support shelter for students in a dangerous living situation, and travel expenses due to a family emergency. The fund will not cover housing or food insecurity costs, car repairs, laptop replacement, etc.

## FOOD ASSISTANCE SNAP/EBT

The Supplemental Nutrition Assistance Program (SNAP) helps low-income households in Colorado purchase food, with monthly funds distributed on an Electronic Benefit Transfer (EBT) card. From previous student experiences, it can be a bit confusing to receive SNAP as a student, but many are eligible for this program. Additionally, the process can be time consuming and so we recommend beginning this process as soon as you are accepted into the program.

If you apply and get a notice of denial from Boulder County due to student status, don't be deterred. There have been some mixed communications from the office around this, and students qualify if they participate in a program called Employment First (EF). This program pairs you with a case worker who does short, monthly phone call check-ins and can provide other benefits, including gas money assistance. Talk with your case worker to understand the full range of financial assistance you can receive. Unfortunately, non-immigrants (those on student, visitor, or diplomatic visas) are not eligible to receive SNAP benefits. Make sure you visit the [Basic Needs Center](#) at CU Boulder to learn more about these resources and other resources provided on campus.





# HOUSING



There is no getting around the fact that living in Boulder is expensive. Some students are able to find a great deal on housing, but expect to pay between \$650-\$950 for a place with roommates, \$1,400 for a studio, and \$1,800+ for a one-bedroom. Many students have had great luck on the Facebook page Boulder Creative Housing, and be sure to check Slack in the summer for opportunities other students have found. To broaden your community while in MENV, it can be nice to live with folks outside of your specialization so that you don't get too siloed!

When looking in Boulder, there are some properties and property managers that cater to the robust undergraduate population here (mostly within the neighborhood nearest to main campus known as 'The Hill'). If you are past the point of listening to bass at 2am from your next door neighbor, keep this in mind when vetting potential living arrangements. If living in Boulder is (understandably) outside of your budget, the surrounding towns can lower your monthly living costs. Keep in mind commute times and expenses to East Campus, however, and factor that into your decision-making. The list below provides a great place to begin your search.

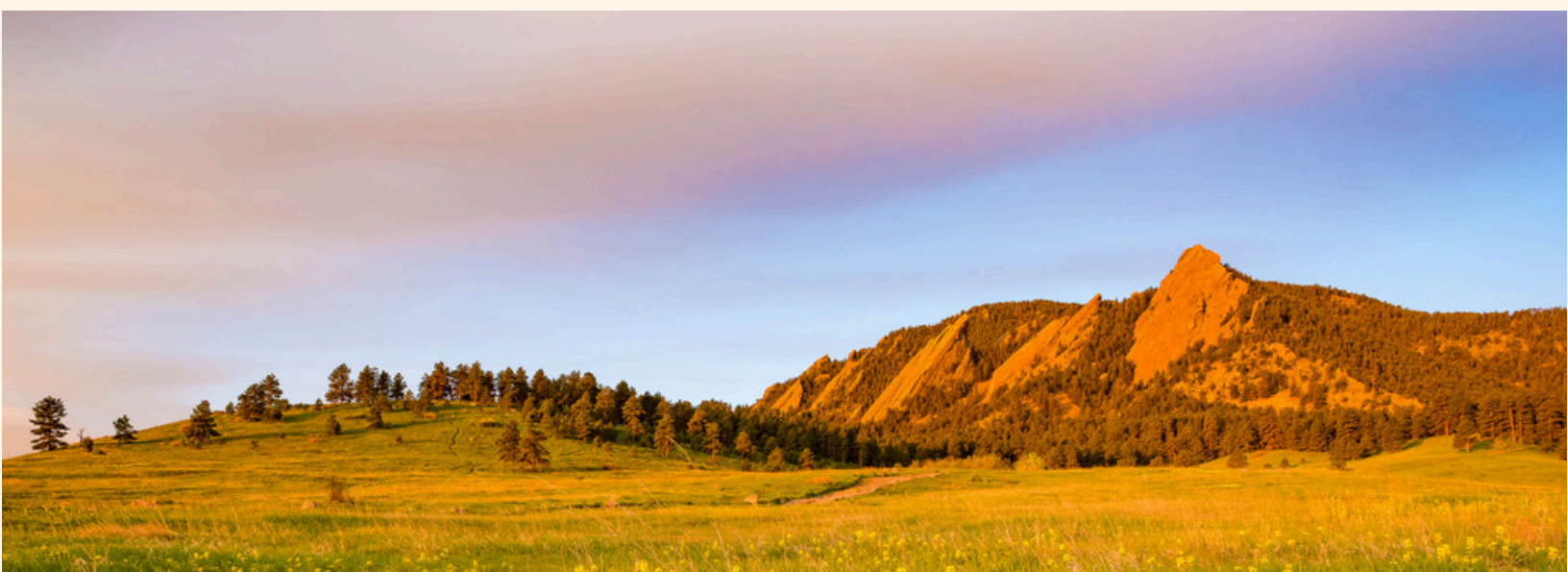
## ON CAMPUS HOUSING

**Apply for on-campus housing accommodations through Disability Services.**

- Athens Court
- Athens North (first-year graduate students only)
- Expansion Units
- Marine Court Apartments
- Newton Court Apartments
- Smiley Court Apartments

## OFF CAMPUS HOUSING

- Ralphie's List (CU off-campus housing listings)
- Verdant Apartments
- University Heights Apartments
- Boulder Creative Housing
- Boulder Property Management
- Kensington Apartments
- Apartments.com
- Zillow.com
- Parc Mosaic
- Flatiron Views
- Apex 5510
- Coronado Apartments





## SURROUNDING AREAS TO LIVE IN

Mileage is calculated from SEEC to the location and actual driving times can vary tremendously depending on traffic and road conditions.

- Denver (26.5 miles)
- Broomfield (12.2 miles)
- Lafayette (10.7 miles)
- Louisville (8.2 miles)
- Superior (6.9 miles)
- Gunbarrel (7.8 miles)
- Westminster (19.4 miles)
- Arvada (19.5 miles)
- Golden (20.1 miles)
- Nederland (18.8 miles)

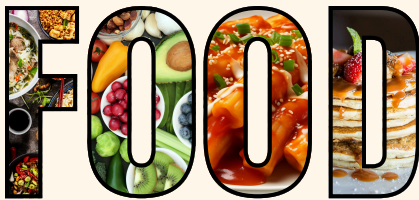
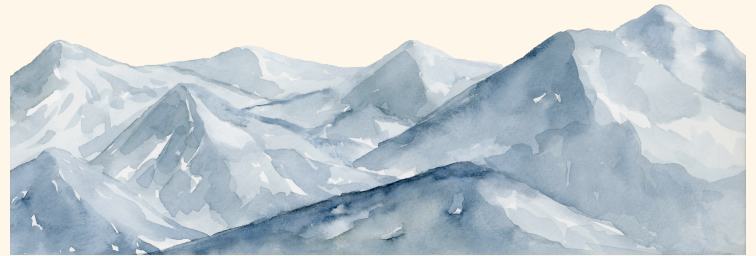
## CU AND BOULDER COUNTY HOUSING RESOURCES

Boulder County Rental Assistance offers a variety of support for individuals and families. With many different options and routes to take within their housing program, we recommend reaching out directly to Boulder County Housing Helpline at 303-441-3929 as soon as possible to understand all of your housing options.

## FURNITURE THRIFT STORES



- Goodwill
- TRU Thrift Shop
- The Salvation Army
- Pig + Pearl
- Arc Thrift Stores (all locations outside of Boulder)



Food costs and insecurity can be incredibly debilitating. Students are able to make ends meet through a variety of means, and here we provide some different strategies for reducing costs.

## GROCERY STORES

**"Budget Friendly"** - expect a week's worth of food to be around \$100

- King Soopers, Trader Joe's, and Safeway
- Safeway offers student discounts and different coupon offers

**Higher-End** - expect a week's worth of food to be around \$150-\$200

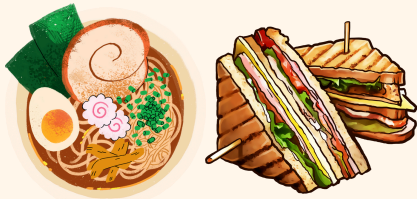
- Whole Foods, Sprout's, Natural Grocers
- Nude Foods (zero waste)

## INTERNATIONAL OPTIONS

- H Mart
- Las 10 Americas Carniceria and Supermarket (the best salsa)
- Great Wall
- Asian Seafood Market
- India's Bazaar for halal
- India's Grocery
- Le Frigo
- Blackbelly

## FOOD PANTRIES

- Buff Pantry: CU Boulder's on-campus food pantry
- Harvest of Hope: A personal favorite



## MEAL PLANS

- CU Basic Needs Center
  - Sometimes offer free swipes for meals, so make sure to get on the email list
- Flatiron Meal Plan
  - The FMP is a prepaid dining and discount card that allows students to purchase meals and shop for groceries at over 100 of Boulder's merchants. There are various rolling discounts, including 25% off the featured restaurant of the week, back to school coupons, and more.

## BOULDER FARMERS MARKET

The Boulder Farmers Market is located on 13th Street between Arapahoe Ave & Canyon Blvd. The Saturday market runs April through November from 8a-2p and the Wednesday market runs May-September from 3:30-7:30. Folks who are able to get on SNAP can swipe their EBT card at the information tent to receive SNAP bucks and purchase SNAP-eligible foods anywhere in the market. For every dollar withdrawn from your SNAP account at the tent, you will receive an equal amount of Double Up Bucks which can be used to buy fresh fruits and vegetables, up to \$20 per visit! This is a great way to support local farmers and maximize your food purchasing power.



## PREPARING FOR WINTER

If you are moving to Boulder from a warmer climate, many students have expressed difficulty adjusting to the cold. Additionally, preparing for winter can be costly. Some clothing items you will need to invest in are a warm coat, sturdy (and ideally waterproof) winter boots, hat, gloves, and wool socks. There are many second-hand outdoor-specific clothing stores in the area to reduce your costs, as well as winter clothing donation sites. Rest assured, by the time you get your degree from MENV, you will be a clothing layering expert: spring mornings can be 40F (4C) and rainy, then by noon its 75F (24C) and sunny.

## BUDGET-FRIENDLY CLOTHING STORES

Outdoor-Specific Thrift Stores:

- Boulder Sports Recycler
- Play it Again Sports

General Thrift Stores (still likely to have warm clothing options)

- Apocalypse
- Common Threads
- Heady Bauer
- Plato's Closet
- Rag's Consignment
- Pig and Pearl
- Goodwill
- Greenwood Wildlife Thrift Shop
- Arc Thrift Stores (all locations outside of Boulder)



## PEARL ST. AND TWENTY NINTH STREET

If second-hand clothing isn't your thing, there are plenty of options for you in Boulder. Pearl St., the main "downtown" area, is filled with big-name brands capitalizing on the outdoor culture here. You can find Patagonia, Arc'teryx, The North Face, and more. Venture by car or public transit a bit further from Pearl St. to Recreational Equipment, Inc. (REI), and be sure to stop by the Twenty Ninth Street mall to finish your day of shopping. At this outdoor mall you can find Anthropologie, Free People, Nordstrom Rack, Eddie Bauer, lululemon, among others, and grab something to eat as well!



# HEALTH AND WELLNESS

## CU COUNSELING AND PSYCHIATRIC SERVICES (CAPS)

\*Students who have paid the mental health fee  
Services: confidential, on-campus mental health + psychiatric services for a variety of concerns, such as academics, anxiety, body image, depression, relationships, substance use + more

## MEDICAL SERVICES/WARDENBURG HEALTH CENTER

Services: primary care, sexual and reproductive health, lab services, physical therapy, shot/vaccinations + more

## DISABILITY SERVICES

Services: testing accommodations, note-taking accommodations, flexibility w/ attendance and assignment deadline plans, communication/interpretation services, service animals + more

## COLLEGIATE RECOVERY CENTER (CUCRC)

Services: community, support, and connection for students, faculty, and staff in recovery or seeking recovery from a wide range of behaviors

## OMBUDS OFFICE

Services: a good place to surface, voice, clarify, and discuss university-related issues



## **OFFICE OF VICTIM ASSISTANCE**

Services: free + confidential info, consultation, support, advocacy + short-term counseling services to those who have experienced a traumatic, disturbing, or life-disruptive event

## **STUDENT SUPPORT AND CASE**

Management (SSCM)  
Services: helps students identify issues and appropriate resources and works collaboratively with them to develop an action plan

## **INSURANCE**

Those taking one or more graduate credit hours are required to complete the health insurance requirement process. If you do not take action to waive or enroll by the deadline, you will be automatically enrolled in the CU Gold SHIP and responsible for the insurance charge. There will be no refunds granted following the deadline.

## **IF YOU NEED INSURANCE**

[CU Gold Student Health Insurance Plan \(SHIP\)](#)

[Health First Colorado \(Medicaid\)](#)

If you have private insurance:  
[BuffCare Supplemental Coverage Program](#)

## **GYMS**

- [Alpine Training Center](#)
- [Anytime Fitness](#)
- [Boulder Athletics](#)
- [Crossfit Sanitas](#)
- [Crunch Gym](#)
- [CU Recreation Center](#)
- [F45 Training](#)
- [Mountain's Edge Fitness](#)

## **YOGA**

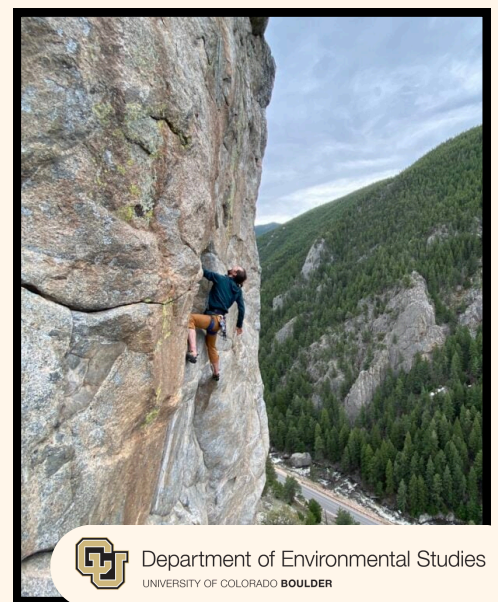
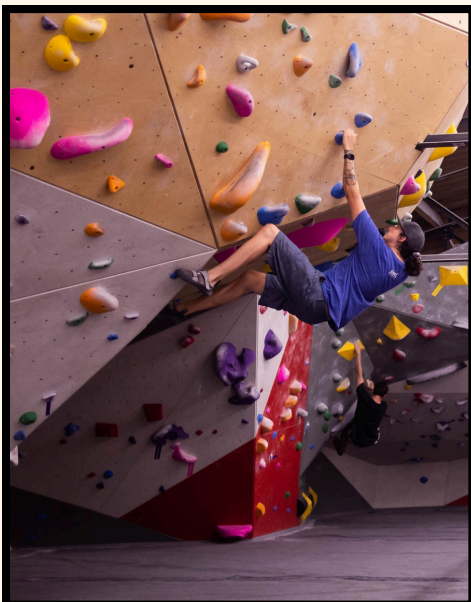
- [Avita Yoga](#)
- [Corepower Yoga](#)
- [Kaiut Yoga](#)
- [Radiance Power Yoga](#)
- [Yoga Pod](#)
- [Yoga Pearl](#)

## **HIKE**

- [Anne U White Trail](#)
- [Continental Divide Overlook](#)
- [Dakota Ridge](#)
- [Green Mountain](#)
- [Gregory Canyon](#)
- [Mt. Sanitas](#)
- [NCAR Mesa](#)
- [Royal Arch](#)
- [Walker Ranch](#)

## **CLIMB**

- [Boulder Canyon](#)
- [Boulder Rock Club \(gym\)](#)
- [Clear Creek](#)
- [The CU Rec Center \(gym\)](#)
- [Eldorado State Park](#)
- [The Flatirons](#)
- [Movement \(gym\)](#)
- [The Spot \(gym\)](#)



# TRANSPORTATION

## BIKING

### CU Bike Fest

- CU Bike Fest is held every August at Farrand Field on Main Campus. There is free food, games, free bike repairs, and most importantly the used bike sale. This event is made possible by CU's Bicycle Recycling and Processing Program, where the Environmental Center clears between 500-700 abandoned bikes from campus annually, and refurbishes them to sell at the Bike Fest. Find your form of transportation at the cheapest price in Boulder!

### CU Bike Repair Services

- CU bike stations offer free maintenance assistance to fee-paying students, but bike registration is required. There are two locations: TLC and Folsom (see image) with different hours. These stations offer safety checks, tire inflation, chain lubrication, flat repair, and brake/shifting adjustments. Check out the map below for service locations.



## COMMUNITY CYCLES

Community Cycles is a nonprofit that offers refurbished bikes for sale, provides education and workshops for bike care and repair, and aims to serve all of Boulder's residents. Learn more about your membership options [here](#) where you can receive perks like discounted bike workshops, access to their full shop of bike tools, and more!

## REI

REI is a co-operative outdoor retail chain that offers many perks for its members, including discounted bike repairs, gear rentals, ski tuning, and more. With a lifetime membership that is a one-time payment of \$30, it is beneficial to get your membership early on! You can find more information about membership [here](#).

## AUTO CARE

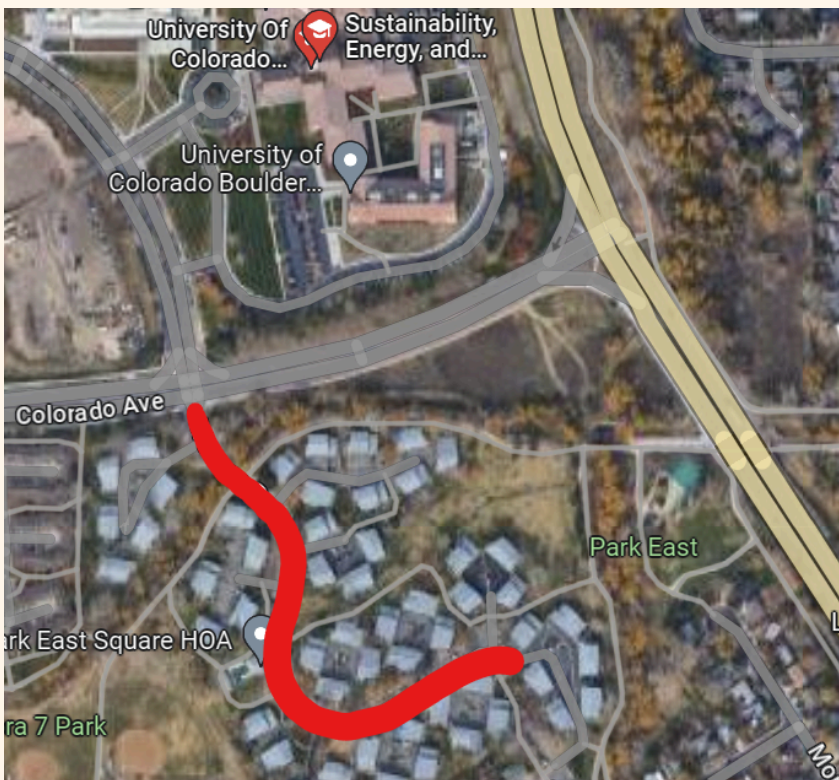
- [Big O Tires](#)
- [ABC Auto Body of Boulder](#)
- [Haglin Automotive](#)
- [Hoshi Motors](#)
- [Boulder Valley Automotive](#)





## PUBLIC AND AIRPORT TRANSPORTATION

All students paying the transit fee are eligible for bus pass access, and your Buff OneCard doubles as your bus pass! Simply tap when embarking and learn more about your route options [here](#). Most critically, as a student, you are able to get to and from Denver International Airport (DIA) with your Buff OneCard. This bus is first-come first-serve, so if you plan to be picked up at the last stop in Boulder (Table Mesa Station), during peak times it can be full and you would have to wait for the next one. Check out the schedule [here](#) and plan accordingly, but this is the most affordable and convenient way to get to DIA!



## FREE PARKING NEAR CAMPUS

If you are unable to afford a parking pass through CU, free parking nearest to East Campus is in the neighborhood across from SEEC (highlighted in red). This is 3-hour parking that is heavily monitored, so be sure to move your car every 3 hours. This space also fills up, so don't rely on it!



# BUILDING COMMUNITY



Moving to a new place, starting a masters degree, on top of your other responsibilities is a lot. Luckily when beginning at MENV, you will already have ~100 other folks who have similar interests to you and plenty of opportunities through the program to get to know each other, or branch out to the broader community!

## **MENV & CU BOULDER COMMUNITY**

### **DEI Committee**

The DEI Committee was formed in 2018 by a group of students who wanted to help MENV faculty implement DEI initiatives program-wide. This student-run committee meets twice a month to discuss ways to improve DEI within MENV and is a great place to make a difference and make friends along the way.

### **Coffee Talks**

Hosted by MENV's Assistant Director of Diversity Affairs and Student Success, Michelle Cadena, these monthly chats center around various topics related to DEI, sustainability, and community building .

### **Specialization Events and Happy Hours**

While the start of MENV can feel overwhelming, we highly recommend attending events hosted by your specialization and others. From bowling and happy hours to guest lectures and networking roundtables, these opportunities allow students to get to know folks outside of their specializations and within their prospective careers.

### **Slack**

MENV's Slack channel is often used to post social events such as joining soccer leagues, an after-class mountain biking session, or a local farm visit. We highly recommend keeping your notifications on, but if you become overwhelmed, filter notifications to channels that are most relevant to you.

### **Environmental Center**

The Environmental Center leads locally and globally by providing a variety of direct services and expertise to the campus community and beyond, including zero waste, sustainable transportation, energy and water conservation, climate and social justice, renewable energy programs, sustainability training, and educational events.

### **Climate Justice Team**

The environmental justice project at the University of Colorado at Boulder was created by the University of Colorado Student Government (CUSG) to address the fact that communities of color and underprivileged populations are often unjustly burdened by environmental degradation and pollution.

### **CU Boulder's Be Involved Fair**

The Center for Student Involvement (CSI) hosts Fall Welcome annually. This event is designed to connect new and returning students with involvement opportunities on campus and in the broader community. Many volunteer opportunities are also listed on [CUServes!](#)

### **Networking**

Perhaps not thought of as a traditional way to build community, networking can build your career and your friendships! The Front Range has plenty of sustainability newsletters that market professional happy hours, so be sure to ask second years and professors within your specialization to find events that match your interests.



## THE BROADER BOULDER COMMUNITY

### Trident Language Nights

Every Monday evening from 7 to 9, Trident on Pearl St. hosts their language exchange night. With roundtables accommodating many different languages, this is a great opportunity for both international and domestic students to build community and strengthen language skills.

### Boulder Social Events (Meetup.com)

Meetup is used for communities to local in-person and virtual events. Register for an account and see what events are out there!

### The Spot Climbing Gym

If you're a climber, there is no shortage of gyms for you to choose from. Many students have expressed gratitude for The Spot as they offer a sliding scale membership. Other popular gyms in the area include the CU Rec Center, Movement, and Boulder Rock Club.

### Boulder Cruiser Rides (Biking)

Every Thursday and Sunday during the summer, a few Boulder residents host Boulder Cruiser Rides. These rides gather sometimes hundreds of folks per week, have a different theme each week, and include dance parties. This is a Boulder must-do, and here is their Instagram handle: Thursday ([@bouldercruiserride](#)) // Sunday ([@boulderbikenight](#)).

### Ikon Pass (Skiing)

The two main ski passes that students invest in are the Epic pass, Ikon pass, or both! The Ikon pass allows you unlimited access to Boulder's closest ski resort: Eldora. Additionally, there are 3+ resorts along I-70 that passholders can access and CU students get a discount through CU Boulder Freeride. Check out the Instagram here ([@cuboulderfreeride](#)) to find more information on how to apply for the discount.

# ARTS OUTDOORS HOBBIES

## VENUES AND ART

- [Boulder Theater](#) (music/movies)
- [Fox Theatre](#) (music)
- [Gold Hill Inn](#) (live music)
- [License No. 1](#) (live music/comedy)
- [Boulder Museum of Contemporary Art](#)

## HIKE

- |   |                                  |                                |
|---|----------------------------------|--------------------------------|
| • <a href="#">Chautauqua Park</a>             | • <a href="#">Dakota Ridge</a>   | • <a href="#">NCAR Mesa</a>    |
| • <a href="#">Anne U White Trail</a>          | • <a href="#">Green Mountain</a> | • <a href="#">Royal Arch</a>   |
| • <a href="#">Bear Peak</a>                   | • <a href="#">Gregory Canyon</a> | • <a href="#">Sugarloaf</a>    |
| • <a href="#">Continental Divide Overlook</a> | • <a href="#">Mt. Sanitas</a>    | • <a href="#">Walker Ranch</a> |

## CLIMB

- |   |                                       |
|---|---------------------------------------|
| • <a href="#">Boulder Canyon</a>          | • <a href="#">Eldorado State Park</a> |
| • <a href="#">Boulder Rock Club</a> (gym) | • <a href="#">The Flatirons</a>       |
| • <a href="#">Clear Creek</a>             | • <a href="#">Movement</a>            |
| • <a href="#">The CU Rec Center</a> (gym) | • <a href="#">The Spot</a> (gym)      |

## BIKE

- [Betasso Preserve](#)
- [Boulder Canyon Trail](#)
- [Boulder Creek Path](#)
- [Doudy Draw](#)
- [Goose Creek Path](#)
- [Hall Ranch](#)
- [Olde Stage Road](#)
- [South Boulder Creek](#)
- [Walker Ranch](#)
- [Wonderland Lakes](#)

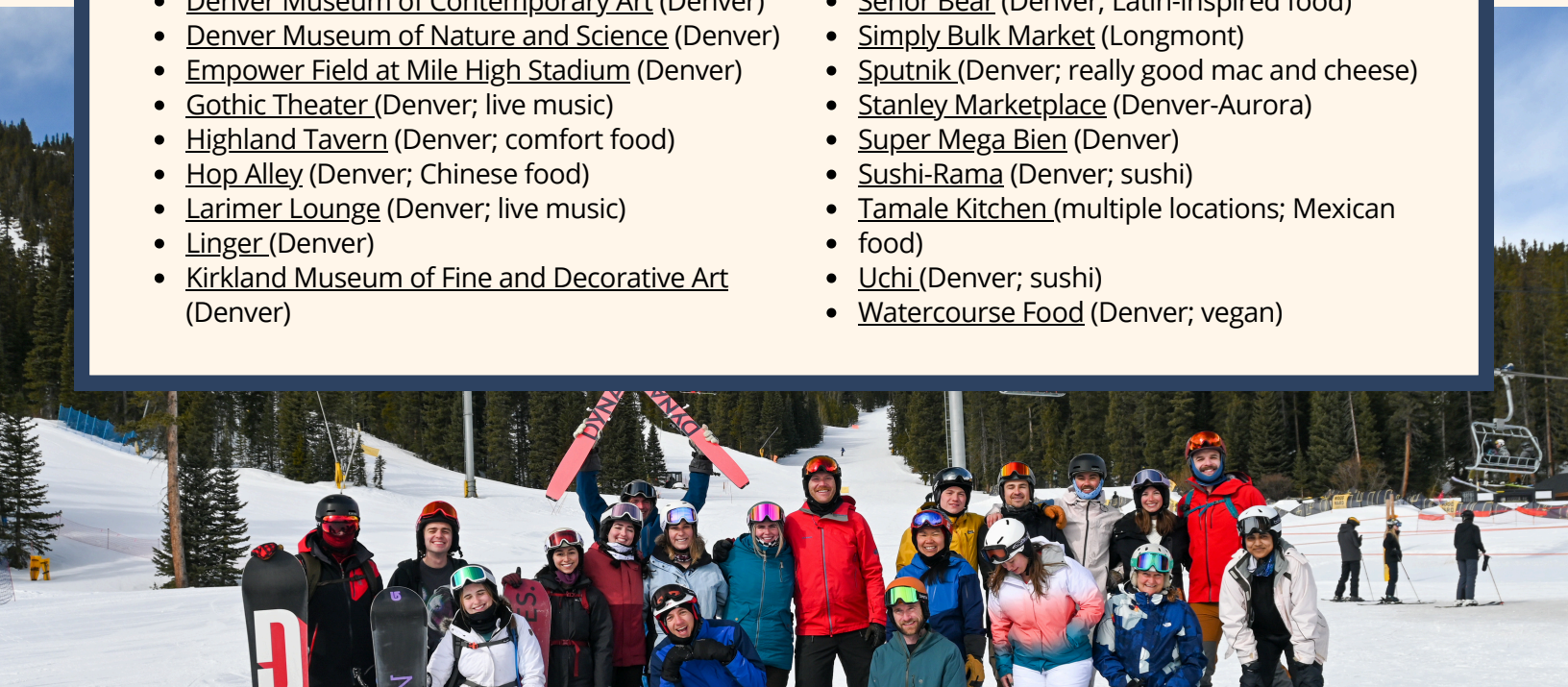
## SKI

- [Arapahoe Basin](#) (resort)
- [Copper Mountain](#) (resort)
- [East Portal Moffat Tunnel](#) (back country)
- [Eldora](#) (closest resort)
- [Rocky Mountain National Park](#) (backcountry)
- [Winter Park](#) (resort)



## SURROUNDING AREAS

- [Allumen Yoga](#) (Denver)
- [The Arc](#) (Louisville; thrift shop)
- [American Bonded](#) (Denver; fancy dive bar)
- [Bluebird Theater](#) (Denver)
- [Bonfire Burrito](#) (Golden; burritos)
- [British Bulldog](#) (Denver; soccer bar)
- [Cheesman Park](#) (Denver)
- [City O' City](#) (Denver; vegan)
- [City Park](#) (Denver)
- [Clyfford Still Museum](#) (Denver)
- [Coors Field](#) (Denver)
- [Curtis Park Deli](#) (Denver; sandwiches)
- [The Cruise Room](#) (Denver; Prohibition-era speakeasy)
- [Death & Co](#) (Denver; fancy cocktails)
- [Denver Art Museum](#) (Denver)
- [Denver Botanic Gardens](#) (Denver)
- [Denver Central Market](#) (Denver; food hall)
- [Denver Museum of Contemporary Art](#) (Denver)
- [Denver Museum of Nature and Science](#) (Denver)
- [Empower Field at Mile High Stadium](#) (Denver)
- [Gothic Theater](#) (Denver; live music)
- [Highland Tavern](#) (Denver; comfort food)
- [Hop Alley](#) (Denver; Chinese food)
- [Larimer Lounge](#) (Denver; live music)
- [Linger](#) (Denver)
- [Kirkland Museum of Fine and Decorative Art](#) (Denver)
- [Mercury Care](#) (Denver; classic bar)
- [MEOW WOLF](#) (immersive art space)(Denver)
- [The Mission Ballroom](#) (Denver)
- [Mister Oso](#) (Denver; Peruvian food)
- [Ned's Restaurant](#) (Nederland; comfort food)
- [Pepper Asian Bistro](#) (Denver; Chinese and Thai food)
- [River North Art District](#) (RiNO) (Denver)
- [Safta](#) (Denver; Israeli food)
- [Oriental Theater](#) (Denver)
- [Ophelias](#) (Denver; food and live music)
- [Pony Bar](#) (Denver; food and bar)
- [Q House](#) (Denver; Chinese cuisine)
- [Red Rocks Amphitheater](#) (Morrison)
- [Rocky Mountain Arsenal Wildlife Refuge](#) (Commerce City)
- [Sante Fe Art District](#) (Denver)
- [Sassafras](#) (Denver; brunch)
- [Señor Bear](#) (Denver; Latin-inspired food)
- [Simply Bulk Market](#) (Longmont)
- [Sputnik](#) (Denver; really good mac and cheese)
- [Stanley Marketplace](#) (Denver-Aurora)
- [Super Mega Bien](#) (Denver)
- [Sushi-Rama](#) (Denver; sushi)
- [Tamale Kitchen](#) (multiple locations; Mexican food)
- [Uchi](#) (Denver; sushi)
- [Watercourse Food](#) (Denver; vegan)





# CAREER SERVICES AND STUDENT SUPPORT



Department of Environmental Studies  
UNIVERSITY OF COLORADO BOULDER

## CAREER DEVELOPMENT ADVISORS

The MENV Career Development Office prepares its students for careers across all industries the private, public, and nonprofit sectors. Through our innovative approach to career preparation, we equip our students with meaningful and practical ways to land a job in their chosen field. In a time where industry is changing rapidly, MENV provides a pathway for students to tailor their degree to the unique needs of their chosen industry.

### Meet our Career Advisors:

- Brian Kennedy
  - Brian Kennedy was an environmental consultant for 40 years. He retired in May of 2023. He has worked as a career advisor with the MENV program for three years.
- Mara Rose
  - Mara has spent nearly 30 years working in and with nonprofit organizations, social enterprises, and for-profit social ventures.
- Ruby Matheny
  - With her certification as a Life Design Coach, she provides her clients with strategies and insights that marry wisdom with practicality, empowering them to carve out fulfilling and purposeful lives.

## OFFERINGS

- 1 on 1 support
- Resume Review
- Cover Letter Review
- Networking Support
- Negotiation Strategies
- Workshops
- Career service repository (with sample cover letters, resumes, interview questions and much more)
- Career data collection
- Skills Gap
- Analyses
- Alumni
- Connections



## PAST WORKSHOPS

- Grant Writing
- Imposter Syndrome
- Effective Allyship
- Introduction to GIS
- Storymapping
- Salary Negotiation
- Project Management



## STUDENT SUPPORT

### **Michelle Cadena**

Assistant Director of Diversity Affairs and Student Success

Talk to Michelle about: Support with navigating transitioning to MENV, Boulder or Colorado as well as support with navigating student resources and referrals to other services like financial aid, housing, medical or mental health resources, amongst other resources and tools that can support your transition and success during your stay at CU and MENV and beyond graduation. Diversity, equity and inclusion issues (liaison between the Student DEI Committee and Student Council).

### **Brendan Park**

Academic Advisor

Talk to Brendan about: coursework planning and strategy; enrollment questions; academic petitions, processes, & procedures; degree and graduation requirements; and relevant tools and resources related to academic planning.

## WRITING CENTER

The [Writing Center](#) offers a suite of services for graduate students including standard 50-minute one-on-one sessions with professionally trained writing consultants to assist in any stage during the writing process. Be sure to utilize this wonderful resource early on in your master's degree!

## LEGAL SERVICES

[Student Legal Services](#) is a law firm dedicated exclusively to serving the legal needs of CU Boulder students. Offering criminal, civil, and administrative legal services for an initial consulting fee from \$30-\$35, this can be your first stop for advice or they can see you all the way through your legal issue.

## PARENTAL BENEFITS

CU Boulder offers help and support for parents through pregnancy and parent-related academic adjustments, childcare resources, elder care, and more. Learn about your options [here](#).





# INTERNATIONAL STUDENT SPECIFIC CONSIDERATIONS



Department of Environmental Studies  
UNIVERSITY OF COLORADO BOULDER

## ACADEMIC GUIDANCE AND SUPPORT

### INTERNATIONAL STUDENT AND SCHOLAR SERVICES (ISSS)

This program has been noted by many of MENV's international students to be profoundly helpful for immigration resources, financial help, housing, and much more. Schedule an appointment with them early on to learn about all of your options.

[Here](#) is their Facebook page.

### UNDERSTANDING U.S. CLASSROOM CULTURE

In the U.S., classroom culture is student-focused and students are expected to be actively engaged during lecture, but has been described as more informal. All staff are aware of cultural differences, but it could be most beneficial for you to meet with your professors early-on to discuss classroom expectations. Do not forget, however, that your **knowledge is powerful**. Ask questions and share your point of view if you feel comfortable, as many students may have not traveled outside of the U.S. and do not understand how a certain policy or sustainability initiative would not be implementable in your country!

Here are some great articles to read before starting the school year:

- [1. What is US College Classroom Culture Like?](#)
- [2. Classroom Culture in the United States](#)

### ADDITIONAL INFORMATION

Center For Teaching and Learning has information for faculty and staff that support International Students in their studies at CU Boulder, please see [here](#) for more details and information.

Also make sure you check out our MENV International Students Meet Ups which happen once a month on Wednesday. We will be sending the dates for these on the first week of classes!

## TRANSPORTATION AND HOUSING

### Transportation

Transportation when you first arrive in Boulder can be difficult, and finding access to cars is a challenge for international students. Be sure to utilize the MENV Slack channel and post about carpool needs during your first month in Boulder. Identify folks who can drive, understand and utilize the bus system, and do not be afraid to ask for support from Michelle Cadena. While MENV cannot organize a carpool unless everyone fills out a liability form, staff can help to figure out logistics for you.

### Housing

Previous international students have noted how difficult it is to find a place to live without a social security number. Additionally, Boulder's housing market is slim and expensive, so finding a house while overseas and signing a lease sight unseen is nerve-racking. Utilize Slack, where many new students post empty rooms in a house that they have found, and contact ISSS for advice on navigating this stressful aspect of getting your master's degree.

## FINANCIAL GUIDANCE

### Visa and Travel Abroad

Visa and forms

For classes that have travel components outside the U.S., look into your visa considerations in terms of leaving the U.S. and coming back in the country.

### Banking Considerations

A challenge that many international students have come across is banking in the U.S.: Some banks require a social security number while others do not. Previous students have had success with Chase and Wells Fargo in the area, but ISSS can help you here as well, and [Miranda Fabian](#) has been noted as a great resource in the department.

## WELCOME WEEK AND OTHER CU RESOURCES

- Attend the CU Be Involved Fair (under "Building Community") during the Fall Welcome Week.
- Join the #international-students Slack channel.
- Join the International Festival Committee [here](#).
- Seek mental health services at the Counseling and Psychiatric Services ([CAPS](#))
- MENV and CU Boulder International Coffee Hours.

## QUESTIONS?

Reach out to Michelle Cadena at [Michelle.cadena@colorado.edu](mailto:Michelle.cadena@colorado.edu) or Josefina Hajek-Herrera at [Josefina.hajek-herrera@colorado.edu](mailto:Josefina.hajek-herrera@colorado.edu)