

WELCOME TO COLUMBIA!



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RESIDENT ADVISOR INTRODUCTIONS



Sebastian Romani

Hometown: Malden, Massachusetts
School: Mailman School of Public Health, MPH
Building: Tower 1
Email: sgr2140@cumc.columbia.edu
Hobbies/Interests: Playing Water Polo, cooking, hanging out with friends, working out



Andres Rodriguez

Hometown: Caracas, Venezuela
School: Mailman School of Public Health, MPH
Building: 50 Haven Avenue
Email: ar4644@cumc.columbia.edu
Hobbies/Interests: Rock climbing, learning new languages, and exploring NYC



Sophie Vilamara

Hometown: Houston, Texas
School: Doctor of Nursing Practice, Family Nurse Practitioner
Building: Georgian Residence
Email: smv2146@cumc.columbia.edu
Hobbies/Interests: Traveling, Piano, Reading



Riya Shah

Hometown: Burbank, California
School: Mailman School of Public Health, MPH
Building: 154 Haven
Email: rs4505@cumc.columbia.edu
Hobbies/Interests: Reading, exploring NY, and adventure sports



Tyler Moore

Hometown: Elk Ridge, Utah
School: College of Dental Medicine
Building: Tower 2 (100 Haven Avenue)
Email: tm3145@cumc.columbia.edu
Hobbies/Interests: Hanging with my wife, walking our dog, reading, & gaming



Delanie Ludmir

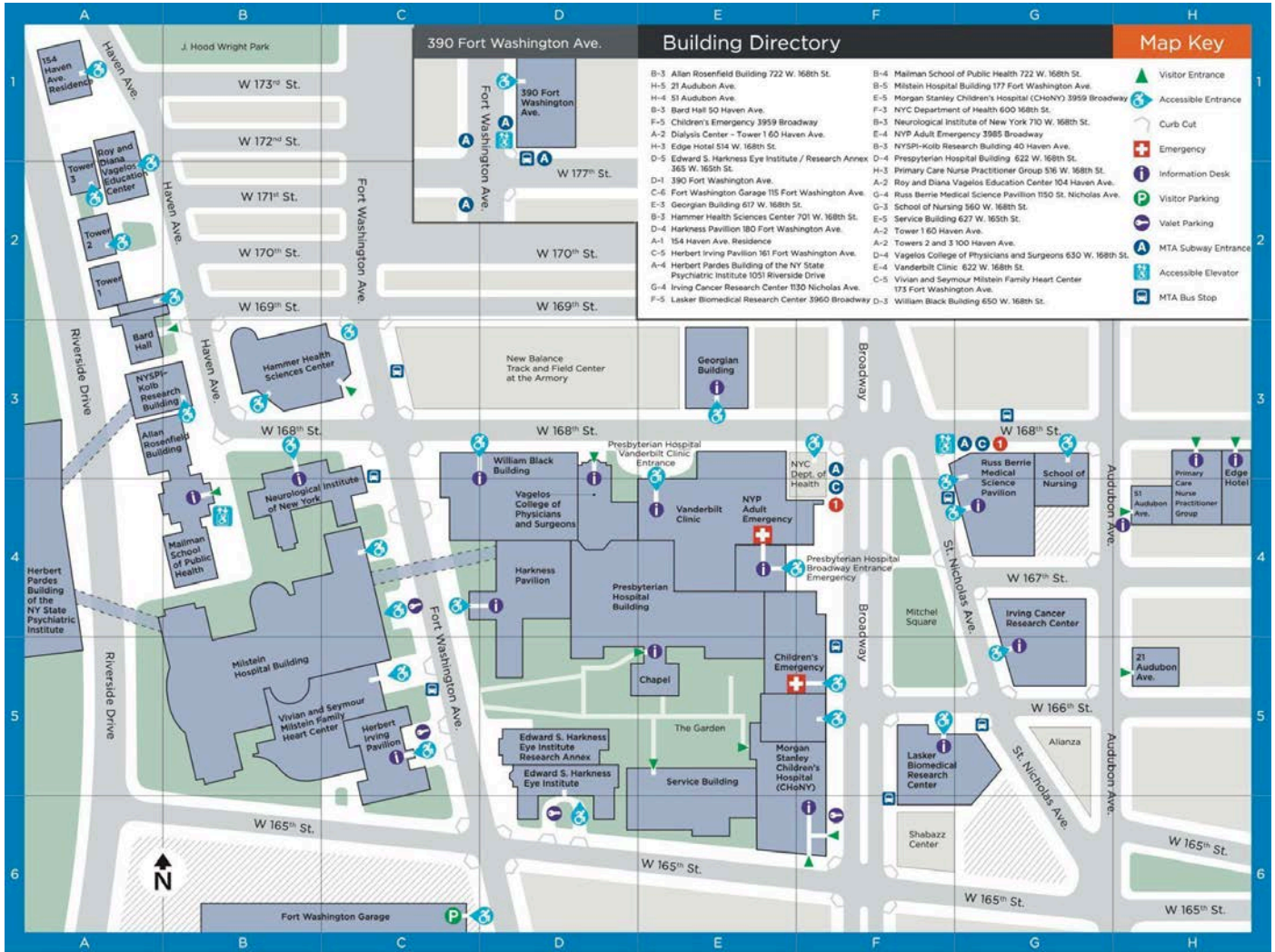
Hometown: Lima, Peru/ Miami, Florida
School: Vagelos College of Physicians & Surgeons
Building: Tower 3 (100 Haven Avenue)
Email: dl3571@columbia.edu
Hobbies/Interests: Piano, salsa dancing, sushi



Apeksha Naik

Hometown: Mumbai, India
School: Mailman School of Public Health
Building: 50 Haven
Hobbies/Interests: Loves swapping stories from around the world over a plate of exotic snacks and is a never-ending quest to capture the perfect sunset.

CUIMC CAMPUS MAP



Additional Campus Resources: For information about gender-inclusive restrooms, emergency call boxes, bike racks, and other resources, please view our interactive campus map online: [cuimc.columbia.edu/campus-map](https://www.cuimc.columbia.edu/campus-map)

View an interactive version of the campus map here:

<https://www.cuimc.columbia.edu/about-us/explore-cuimc/campus-map-and-directions>

Learn more about campus mobility and accessibility resources here:

<https://www.facilities.cuimc.columbia.edu/campus-life/getting-and-around-campus>

NAVIGATING OUR NEIGHBORHOOD AND NYC

Getting around NYC can be intimidating, especially when you are new to the city. We made this short guide to help you understand the gist of how the train works. NYC is designed with “streets” that run east and west and “avenues” that run north and south. The streets are numbered from *lowest* to *highest* with the lowest numbers being at the south end of Manhattan. Each “block” north you travel, the street number increases by one. For instance: Times Square is located at 42nd Street, which is 126 blocks south of our campus located at 168th Street.

With this street numbering system in mind, it makes sense that if you are heading south in Manhattan, you are going downtown (the numbers decrease). If you are heading north, you are going uptown (the numbers increase). The subways arriving at and leaving the 168th Street station are designed based on the above understanding: the trains either run north (uptown) or south (downtown). If you want to go to a street numbered higher than 168th, you need to follow signs in the subway station to the Uptown trains. If you want to go to a street numbered lower than 168th, follow signs to Downtown trains.

At the 168th station, there are three different subway lines or trains: **the A**, **the C**, and **the 1**. They each have trains running in the uptown and downtown direction. So why do we have three different lines all going in the same directions? The A and C trains run along the *west* side of Central Park, while the 1 train’s path follows Broadway (meaning the 1 train runs west of the A and the C until 59th street, when Broadway curves to the east somewhat). Some places you want to go will be closer to 1 train stop, and others will be closer to A and C stops, depending on how far west the place is.



Why do we have the A and C trains if they run along the same path? The A train is known as an “express” train, meaning it makes *fewer* stops than the C train. Let’s say you wanted to go to 59th Street. You walk to the 168th station and follow signs to downtown A and C trains. Once you are on the platform, signs will direct you to either an “express” train (A train) or a “local” train (C train). 59th Street would be the *third* stop on the A train, but the *thirteenth* stop on the C train. If you were on the C train, you would make stops at smaller intervals all the way down to 59th Street, including a stop at 116th Street. The 1 train could also get you to 116th Street, though it would stop on the west side of Columbia campus while the C train stop is a few avenues east of campus.

One other useful tip: sometimes you may miss whether a train is heading uptown or downtown and only catch the name of the last stop for that specific train. If a train is said to be leaving 168th station with a last stop in Brooklyn, you know that train is heading south because Brooklyn is south of Manhattan. If you get on a train that has a last stop in the Bronx, you know that train is heading north because the Bronx is north of Manhattan.

NYC subways operate off these same basic principles: various lines (named after letters and numbers) run slightly different routes than one another. Some trains make fewer stops, others make more. They typically run either north and south or east and west. Follow signs in the station and on the platform to the direction you want to travel and you can’t go wrong. With that basic understanding, you should be able to find your way through much of Manhattan and safely back home.

FREQUENTLY ASKED QUESTIONS

- Where and how do I do my laundry? Laundry rooms are located in each of the residential buildings on campus. Washer and dryers are located in each of our residential buildings. The machines in Towers (1, 2 & 3), 154 Haven and 390 Fort Washington are card operated and can be refilled by the self-service machine or via the laundry vendor website. New residents to campus receive their first laundry card (no value added) to begin using at your leisure. Replacement cards must be purchased through the self-service machines located in your laundry room. 50 Haven Ave and Georgian Residence use the Hercules CP Mobile App to add funds to your account to access the laundry machines.
- Where are some good study spots? The **Augustus C. Long Health Sciences Library** is available for individual or group studying via reservation. [Explore available study spaces](#) or [reserve a group study room](#). Remember to use the links provided to secure a spot! The **Riverview lounge at 50 Haven Avenue** ground floor is available for studying when not in use for campus events. All CUIMC students are also welcome to visit the **CUIMC Nursing School** (560 W 168th Street) and relax in common areas. Students of the School of Nursing can also reserve study spaces on the second and third floors via the [25Live room reservation system](#). You can also access the **Vagelos Education Center (VEC)**, which has a ton of study space.
- Where can I go to exercise? The **Athletic Center at 50 Haven Avenue** is open for exercise appointments by reservation via the [Athletic Center website](#). **J. Hood Wright Park** (173rd Street & Haven Ave.) has open spaces for a morning run and an outdoor exercise station with a variety of equipment for bodyweight workouts. Located within walking distance from CUIMC, the **Fort Washington Riverside Park** has running and bike trails, volleyball courts, tennis courts, and multiple fields for soccer or baseball.
- What is the best way to get downtown? The train is most cost effective for longer distances. If you need to get to the undergrad campus, try the [Intercampus Shuttle](#). NYP Hospital also operates a [Shuttle Service](#) to different clinical sites.

What are other ways to get around?	Many students find the Citi Bike Service convenient for short term bike rentals all around the city. For car services, popular options include Via , Lyft , and Uber .
How do I get help with my apartment?	Submit a work order and the wonderful maintenance team will assist you!
Who do I call if I get locked out?	See your building's 24/7 front desk.
Lost my key?	Submit a work order .

GROCERIES AND MORE

Listed below are common ways to purchase food, medical prescriptions, and other household items while living on the CUIMC campus. There are many options to shop in stores, or have items delivered directly to your building!

Where can I get groceries & essentials?

Try these popular options within walking distance around Washington Heights:



Foodtown of Washington Heights

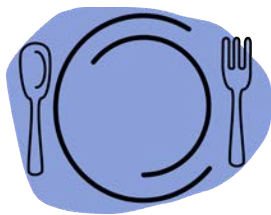
600 W. 160th St & Broadway
New York, NY 10032

Great for larger shopping trips, students receive a discount when an ID badge is presented at checkout.

Hilltop Perk Deli & Grocery

83 Haven Avenue
New York, NY 10032

Right across the street from the Vagelos Education Center, extremely convenient for quick stops and small purchases.



Key Foods

4365 Broadway
New York, NY 10033

Located right off of Broadway and smaller than Foodtown, this grocery store has many different cuisine options.

Amazon, Costco, and Instacart Delivery

Online Services

With an Amazon Prime, Costco, or Instacart membership, you can get food and grocery deliveries straight to your residential building lobby.



Rite Aid / Pharmacy

4046 Broadway
New York, NY 10032

Good for pharmacy prescription pick-ups. Close to campus and also sells other miscellaneous items including pantry goods and household necessities.

MORE GROCERY OPTIONS

Bravo Supermarkets

1331 W 176th St. Saint Nicholas Avenue

(212) 927-1331

A quick five minute walk up to 176th for some of your grocery needs!

H Mart

2828 W 110th St. Broadway

(646) 952-0442

A Korean-American supermarket chain just a subway ride away.

New University Deli

603 W 168th St. near Broadway

(212) 568-3838

Open 24 hours! Grab and go for sandwiches, wraps, snacks, soft drinks and more!

Trader Joe's

670 Columbus Avenue (93rd Street)

Well-laid out, one-story grocery store with fair prices. One avenue and three block walk from the [C train](#) to the stop to the store.

Trader Joe's

2073 W 72nd St. Broadway

(212) 799-0028

Two-story grocery store. Easily accessible via the [1 train](#), exit at 72nd and you'll be right there! Convenient when carrying heavy groceries.

Whole Foods Market

808 W 97th St. Columbus Avenue

(212) 222-6160

The fresh food you know and love is just a subway ride away.

RETAIL SHOPPING

NYC is known around the world for its shopping. From high-end, world-famous brands to hole-in-the-wall boutiques, this city has it all. Sadly, there are very few options in our neighborhood. Most of the exciting retail stores will be found further downtown near Times Square, on 5th Avenue, or in SoHo, just to name a few areas. However, we have listed below some retail stores closer to Washington Heights.

Anthony's Flower Shop

4034 W 170th St. Broadway
(212) 923-5900

Great selection of flowers with helpful staff. Prices are fair (for NYC).

GAP Factory Store

4211 W Broadway (near 179th St.)
(212) 543-1019

GAP store that sells cheaper apparel at a lower price.

Best Buy

1280 Lexington Avenue (near 86th St.)
(917) 492-8870

Electronics, tech accessories/support and more!

DII Deals & Discounts Store -

4086 W Broadway (near 173rd St.)
(917) 388-3430

Great stop for clothing, home, bathroom, kitchen and cleaning products at a discounted price.

Foot Locker

605 W 181st St.
(646) 858-0084

Grab some new kicks at this convenient location a quick walk uptown from campus.

GNC

3799 W Broadway (near 158th St.)
(212) 368-5385

Grab what you need- vitamins, supplements, sports nutrition, diet and energy products!

Old Navy

300 W 125th St. and Saint Nicholas Avenue
(212) 531-1544

Clothing for everyone at a reasonable price, Old Navy has what you need for every season.

Rite Aid

4046 W Broadway (near 171st St.)
(212) 928-2550

An easy stop for toiletries and a pharmacy.

Staples

4320 W Broadway (near 184th St.)

(212) 927-0467

Need some last minute school or office supplies, Staples has your back!

Target

602 W 181st St.

(646) 346-7725

Groceries, toiletries, clothes and more- you know what they say “expect more, pay less” at Target!

DINING AND FAST-FOOD VENUES

The NYC food scene is legendary. You can find cuisine from every corner of the world, Michelin-star restaurants, and more pizza joints than you could hope to try. Much like the shopping, many of the more popular restaurants are outside Washington Heights, and many of them won't deliver to our neighborhood. But there is some good news: we still have some decent restaurants within walking distance, many at an affordable price. We've listed a sampling of them below.

Aquamarina

4060 W 171st St. Broadway
(212) 928-0770
Italian cuisine with a nautical feel.

Chick-Fil-A

601 W 181st St. and St. Nicholas Avenue
New location, opened in 2022. Eat more chikin!

Chipotle

4009 W 168th St. Broadway
(646) 412-5429
Burrito or burrito bowl, that is the question.

Dallas BBQ

3956 W 165th St. Broadway
(212) 568-3700
Ribs, pulled pork, and more!

Domino's Pizza

1988 W 159th St. Amsterdam Avenue
(212) 923-3030
A quick stop for some pizza to remind you of your childhood!

Dunkin Donuts

4030 W 169th St. Broadway
(212) 923-2222
Isn't it a proven fact, America runs on Dunkin'?

El Malecon

4141 W 175th St. Broadway
(212) 927-3812
Claims to serve the best Dominican-Caribbean food in the city, and they may be right. Their menu is massive and diverse. Most people opt for some form of roasted chicken with rice.

Jade Garden

4028 W 169th St. Broadway
(212) 795-0556
Affordable chinese food just a block away from campus; they even deliver!

Kung Fu Tea

4053 W 171st St. Broadway

(212) 568-0088

Get yourself some bubble tea with plenty of add-ins to choose from, poke bowls or both!

Little Caesar's Pizza

3830 W 161st St. Broadway

(212) 795-1585

The same taste you know and love, though don't be surprised when the "\$5 Hot-N-Ready" pizza costs a few bucks more than \$5. Welcome to The Big City.

McDonald's

4040 W 170th St. Broadway

(212) 923-5983

"I'm lovin' it" continues here in NYC!

Mike's Bagels

4003 W 168th St. Broadway

(212) 928-2300

NYC is known for its preponderance of bagel shops and we have a great one here in WaHi with a wide variety of bagel types, cream cheese flavors, and toppings.

Starbucks

4001 W 168th St. Broadway

(917) 521-0342

In case you need a quick stop right before class, stop by this already known and loved coffee shop just down the street!

Tasty Deli

4020 W 169th St. Broadway

(212) 923-0770

A bodega-sized sandwich shop with a mind-boggling number of different sandwiches. Ask some locals or the staff what their favorites are and work from there.

Tung Thongs

561 W 169th St. Audubon Avenue

(212) 795-5995

Good Thai food at affordable prices right in Washington Heights. They also deliver. What more could you want?

Wendy's

3939 W 165th St. Broadway

(212) 928-0321

Unpopular opinion; dip your french fries into your frosty!

IHOP

4168 W 176th St. Broadway

(212) 927-3777

Who says you can't have breakfast for dinner?

Barrel 79

79 W 169th St. Audubon Avenue

(917) 409-1409

Carrot Top

3931 W 165th St. Broadway

(212) 927-4800

Famous Famiglia Pizzeria

4020 W 169th St. Broadway

(212) 927-3333

Havana Heights

4083 W 172nd St. Broadway

(646) 590-9734

La Dinastia

4059 W 171st St. Broadway

(212) 928-6605

Mi Ranchito

1468 St Nicholas Ave

(212) 740-2626

Papa John's Pizza

4117 W 174th St. Broadway

(212) 795-7272

Popeyes Louisiana Kitchen

601 W 172nd St. Saint Nicholas Avenue

(212) 781-1570

Subway

651 W 169th St. Fort Washington Avenue

(212) 781-7700

Taco Bell

1351 Saint Nicholas Avenue between 177th & 178th St.

(646) 727-7693

PARKS & RECREATION AND CULTURAL ORGANIZATIONS

The parks and sights in Washington Heights and northern Manhattan are astounding, especially outside of winter. Northern Manhattan is also home to a branch of The Met, known as The Met Cloisters. WaHi is a great place to live if you're interested in getting away from the city for a minute by exploring a park.

The Met Cloisters Museum

190 Fort Washington Avenue

(212) 923-3700

A branch of The Met Museums that specializes in Medieval Art. One of NYC's hidden gems in the middle of Fort Tryon Park.

Dyckman Farmhouse

4881 W 204th St. Broadway

(212) 304-9422

Fort Tryon Park

West 192nd St. Fort Washington Avenue

Large, beautiful park with views of the George Washington Bridge and Hudson River. Complete with impressive flower gardens. Fun fact: many movies use Fort Tryon for their, "Central Park" scenes because it's cheaper and less crowded!

Fort Washington Park

From 155th St. - 179th St. Riverside Drive

Audobon Playground

550 W 170th St

Another park very close to CUIMC campus. Great basketball court, two different playgrounds for kids, and a turf area large enough to play catch on. Very kid-centric park, aside from the basketball court.

Highbridge Park

173rd St. Amsterdam Avenue

Inwood Hill Park

215th St. Seaman Avenue

J. Hood Wright Park

173rd St. Fort Washington Avenue

The park closest to CUIMC campus. This park has a lot going on: small (but always busy) dog park, basketball courts, kickball field, futsal court, outdoor gym, large grassy area, and a decent circular path for walking/running. Fun fact: this park hosts a few scenes from the movie-musical, "In the Heights"

Morris-Jumel Mansion

65 Jumel Terrace 160th St. Edgecombe Avenue. (212) 923-8008

Riverbank State Park

145th St. Riverside Drive

FREE ACTIVITIES THROUGHOUT THE CITY

Central Park

A classic, must-see staple for anyone living in the city. Running from 110th St to 59th St there is always something new to explore.

Walk across the Brooklyn Bridge

Take the downtown A train to High St-Brooklyn Bridge and enjoy a beautiful view of the skyline as you walk back into Manhattan.

Explore Grand Central Terminal

89 East 42nd Street

Housing 60 shops, 35 places to eat, and a full calendar of events all in one place, Grand Central Terminal is a great place to spend an afternoon exploring.

Little Island

Pier 55 in Hudson River Park West 13th Street

Enjoy a new public park that was built on stilts over the Hudson River. Featuring beautiful landscaping, free events, and more.

Staten Island Ferry

Departs from Whitehall Ferry Terminal every 30 minutes

Enjoy a free ride on the the iconic ferry that takes you past the Statue of Liberty and Ellis Island

Roosevelt Island Tram

E 60 St & 2nd Ave

Take the most modern aerial tramway in the world to explore Roosevelt Island. Make sure to bring your MTA card—though not technically free it's only a couple dollars each way, and well worth the swipe!

Bronx Zoo on Wednesdays

2300 Southern Blvd, The Bronx

The Bronx Zoo offers a “pay what you wish for entrance” opportunity every Wednesday. Lions and tigers and bears, oh my!

Bryant Park Movies Under the Stars

During the summer, lay down a blanket and bring some popcorn and candy and settle in for an open-air movie in [Bryant Park](#). Arrive early, as it gets crowded — the lawn opens at 5 p.m. for blankets and picnicking, and the movie starts at 8 p.m.

Shakespeare at Delacorte Theater (Central Park)

Pick up your free tickets distributed in person [throughout the city](#) or via the lottery hosted digitally on the TodayTix app

There is never a dull moment living in the city. Check out the following link for a list of even more exciting activities happening in the city that are **FREE!** There are tons of other events that you can find by just Googling “free things to do in nyc”

www.timeout.com/newyork/things-to-do/free-things-to-do-in-nyc

SERVICE PROVIDERS

Spectrum: Cable & Internet Company

www.spectrum.com

1-866-682-5795

United States Postal Service

511 W 165th St. between Audubon & Amsterdam Avenue

(212) 568-2387

UPS Store

4080 W 172nd St. Broadway

(212) 568-5600

Banks

Apple Bank

3815 W 159th St. Broadway

(212) 927-6257

Bank of America

4061 W 172nd St. Broadway

(917) 521-0431

Chase Bank

3940 W 165th St. Broadway

(212) 740-4086

Popular Bank

4043 W 170th St. Broadway

(212) 928-8601

CONTACT US

We look forward to answering any questions or concerns you may have regarding accommodations. Feel free to email, call, or stop by our office in person.

OFFICE HOURS

Monday-Friday, 9 a.m.-5 p.m.

Our office is closed on weekends and University holidays.

Phone: 212-305-4357 (HELP)
option 2



