



Guide for New Graduate Students

U of M and the Twin Cities at a Glance

School of Kinesiology
University of Minnesota

Welcome to the University of Minnesota! Minneapolis/St. Paul has a rich cultural, music, and arts scene and unparalleled recreational activities for all seasons. However, the weather is what we're mainly known for.

It gets cold here!

How cold does it really get? Usually there is a week or two in January when the temperature hovers around 0°F or below. Otherwise, winter temperatures are usually in the 10-20F range. Be sure to dress appropriately and in layers: down jacket with hood, hat, gloves/mittens, and warm boots. Many people take advantage of the cold weather to engage in Minnesota's popular winter activities: snowshoeing, downhill and cross-country skiing, ice skating, broomball, ice hockey, ice fishing, curling etc. Embracing winter rather than fighting it will give you a special appreciation for spring and summer.

If you drive: Winter tips

- Keep jumper cables, blankets, and a few candy bars in your car in case of emergency.
- If your car locks freeze, don't pour hot water into them—they'll just refreeze. Buy lock de-icer or make your own with a little rubbing alcohol.
- Don't get your car washed if it is below 25F.
- Be aware of **snow emergencies** and **parking bans**. Both Minneapolis and St. Paul have Web sites explaining their snow emergencies policy and parking bans. Each city has a separate policy, so make sure you know both. If a snow emergency is declared, it will be announced on the radio and TV and will be posted on the city's Web site.
- When driving on snow and ice, keep plenty of distance between you and the vehicle in front of you. Brake gently and don't accelerate rapidly. Practice winter driving techniques in a snowy, open parking lot so you're familiar with how your car handles. If you start to skid, steer gently in the direction you wish to go and don't slam on the brakes. Most tire shops sell winter driving guides once the weather turns colder. Also, beware of highway on/off ramps and bridges where dangerous "black ice" tends to form.

The University almost never closes due to bad weather, but individual classes may be canceled. Check your course Web site or e-mail your instructor. Also, don't try to drive in snowstorms if you are not experienced. Take seriously the warning "no travel is advised." Secondary routes and side streets are often not plowed until two or three days after a snowfall.

Housing

The cost of living in the Twin Cities is slightly above the national average. Average rent for apartments is approximately \$800/month for a 1-bedroom, \$1,000/month for a 2-bedroom. Rents in St. Paul are slightly lower.

For the most current rates check the many local housing Web sites or craigslist. Heat, water, and trash are usually included in the rent for an apartment, but not for a duplex or house. Make sure you discuss all details with the landlord before you sign a lease. Information about graduate student housing in the Twin Cities is available at: <http://www.housing.umn.edu/graduate/index.shtml>. The Twin Cities Relocation Guide (<http://www.twincitieslivingmag.com/>) also provides helpful information.

Neighborhoods. When choosing a neighborhood you'll want to consider safety, transportation, parking, and traffic. Most graduate students are looking for a neighborhood with convenient bus or light rail transit, bike paths, and nearby amenities such as laundromats, coffee shops, restaurants, bars, museums, and theaters. Some of the most popular neighborhoods for students include:

Dinkytown and Marcy-Holmes: Just north of the East Bank, Dinkytown has many rental houses, apartments, and fraternities and attracts mainly undergraduate students. You'll find a variety of restaurants and bars, and

some shopping. It is close to the U and downtown Minneapolis. Nearby Marcy-Holmes has more residential housing and fewer undergraduate students.

Uptown: The corner where Hennepin Ave. S. intersects with West Lake Street is the center of the Uptown neighborhood. Uptown caters to a young adult crowd and offers trendy restaurants, stores, and galleries. Lake Calhoun is just a few blocks away. Rents are higher than in some neighborhoods but there's a nice mix of brownstone apartment buildings, duplexes, and single family homes. Busing to the U is easy with multiple express routes serving the area. Streets are narrow and parking spots are at a premium.

Cedar-Riverside and Seward: Just south of the University's West Bank and the Mississippi River is Seward, known for its diverse population and community activism. Seward is perhaps the most politically liberal neighborhood in Minneapolis. Surrounding the West Bank campus is Cedar-Riverside, which has similar demographics but a more vibrant commercial area and a mix of residential homes and high rises. Rents here are reasonable, transit is convenient, and the biking is great.

Como: Como Ave. runs east from Minneapolis to St. Paul, giving the area to the north and east of Dinkytown the name of Como, not to be confused with Como Park in St. Paul (near Lake Como). Many students live here and the neighborhood is where the Como Student Community Cooperative is located for married students or students with partners. The neighborhood is mostly residential, but is relatively close to downtown and the U. Rents tend to be reasonable.

Northeast: Northeast (or "Nordeast") is composed of 13 smaller neighborhoods whose street addresses end in "NE." Unofficially it also includes the neighborhoods of the U of M community which have "NE" addresses, and the Old St. Anthony business district, which sits on the dividing line of "NE" and "SE" addresses. It has a rich ethnic history derived from the immigrants of Polish, Finnish, German, Slovak, Russian and Ukraine descent who settled there. Its affordable rent, convenient transportation, and proximity to the U and downtown attract artists, craftspeople, University students and employees and young couples starting families.

Loring Park and Stevens Square: Loring Park and the Stevens Square neighborhood are just west of downtown between Nicollet Ave. to the East and the Minneapolis Sculpture Garden to the West. Loring Park is a high-density neighborhood that commands high rents and has very few parking options. However, the neighborhood makes up for this with its proximity to downtown and Uptown, its attractive architecture, and a generally young urban demographic. Stevens Square is a small community just south of Loring Park and north of Franklin Ave. Rents are far more reasonable than Loring.

St. Paul: In addition to Como, there are many neighborhoods near the St. Paul campus. The area just west of campus is known as St. Anthony Park. This neighborhood is primarily residential with a village-style business district. The Commonwealth Terrace Cooperative for married students or students with partners is located in this area. Some students live near Midway, the stretch of University Ave. that connects both cities, and Grand Ave. (Merriam Park), a trendy neighborhood with Macalester College at its center. Transportation from these neighborhoods is not as direct since they are further from the U, but both have vibrant commercial areas to make up for it.

Housing options for students with families or partners

If you're married, have a same-sex partner, or have children, you can live in one of two family housing communities: [Como Student Community Cooperative](#), located between Hennepin and Como Aves and 27th and 29th Aves SE approximately halfway between the St. Paul and Minneapolis campuses and on the city bus line, or [Commonwealth Terrace Cooperative](#) (CTC), located south of the University's St. Paul campus and west of the State Fairgrounds. CTC is only a few blocks from the inter-campus bus line and has easy access to the freeway system.

Both co-ops are considerably cheaper than market-value apartments and both provide day care centers on site. Apartments are unfurnished and have long wait lists.

Renter's Rights

If you have problems with your landlord there are a number of services available to you. The [Minnesota State Bar Association](#) provides a comprehensive list of Tenant Unions and legal resources for renters. In addition, you can visit the [University Student Legal Service](#).

Property Tax Refund. This state tax refund is based on the premise that a large portion of your rent goes to property taxes that your landlord pays. To make this payment progressive, the state offers a refund based on the ratio between your wages and rent. Because of students' relatively low wages and the high cost of rent it is possible to get a refund of between \$50 and \$300. The Property Tax Refund form is available wherever tax forms are distributed.

Your landlord is required to give you a Certificate of Rent Paid by January 31 in order for you to file. Refunds arrive around August 15.

NOTE: Tuition benefits/waivers MUST be included in the "Nontaxable Income" on Line 5 of the form.

Getting Around Campus and the Cities

Walking. Skyways and an underground series of tunnels connect most of the University. The West Bank tunnels are open later and reach more of the campus than the East Bank tunnels. The tunnels in St. Paul are quite extensive, reaching most buildings west of Gortner Ave. Tunnel maps are available at [Parking and Transportation Services](#). Tunnels and skyways are marked with "Gopher Way" signs.

The University provides a free campus escort, 24 hours a day. Call 612-624-WALK.

Biking. The Twin Cities has one of the best urban networks of bike trails and routes in the country. The Transitway connects the Minneapolis and St. Paul campus. Many people commute by bike (some year-round!). Bike routes can be obtained from city, state, and county tourism offices. If you register your bicycle you will be mailed useful information from Metro Commuter Services, and it will be easier to recover your bike if it is stolen. For more biking information see the Minnesota Department of Transportation's [Biking](#) Web page. Make sure to check out the [Midtown Greenway](#) for a dedicated walking and biking path.

In the business districts, and when otherwise posted, it is illegal to ride your bicycle on the sidewalk. The same traffic rules for cars apply to bicycles. Bike theft is a problem on campus. If you value your bike, get a good lock.

Bike shops. Minneapolis and campus: Campus Bikes (213 Oak St.), The Hub Bike Co-Op (301 Cedar Ave. S. and 3026 Minnehaha Ave.), Freewheeling (1826 S. 6th St.), and Erik's Bike Shop (1312 4th St. SE). ***St. Paul and campus:*** Express Bike Shop (234 Snelling Ave. N) and the Bicycle Chain (1712 Lexington Ave. N).

Campus Buses. The University provides free and frequent shuttle service between the Minneapolis and St. Paul campus, between the East and West Banks of the Minneapolis campus, and to some commuter/carpool lots. All of the campus shuttles can be identified by their maroon and white colors. All buses are equipped with wheelchair lifts, and many have bike racks. All University shuttle routes have reduced hours on weekends, during finals week, and during summer.

To catch a campus bus, simply wait at a bus stop, most of which are clearly marked. You do not need to show a bus pass or student ID to ride the campus buses.

The Campus Connector. The Connector provides service between the St. Paul, East Bank, and West Bank campus approximately every five minutes from 7:00 am to 6:30 pm, every 15 minutes 6:30 pm to 10:00 pm, and every 30 minutes from 10:00 p.m. until midnight during the academic year. Bus schedules are reduced

during summer session and intersessions. Some Campus Connectors (“Limited Stop”) offer fast limited-stop service between 7:30 am and 5:00 pm.

The Washington Ave. Bridge Circulator. The Circulator provides service between the East and West Bank campus via the Washington Ave. and 10th Ave. bridges. It operates Monday through Friday every 15 minutes from 7:30 am to 10:00 am, every 7 minutes from 10:00 am to 3:00 pm, and every 15 minutes from 3:00 p.m. until 4:45pm. The Circulator does not operate during weekends, vacation periods, and summer sessions.

Campus Circulators. These user-friendly mini-buses circulate the St. Paul and East Bank campus. Service on the routes operates every 15 minutes from 7:00 am through 4:45 pm Monday through Friday when school is in session.

U Paratransit Service. This service provides free curb-to-curb transportation on campus for people with permanent or temporary disabilities. Reservations (612-282-6619) are accepted up to two days in advance.

City Transit. Many city buses go through or near campus. In addition, there are many express buses which have limited schedules but use the freeway and are often faster than traveling by car. Schedules and other information are available at Coffman Union and the St. Paul Student Center, as well as various campus locations and at the [Metro Transit](#) Web site.

Fares. Riding the bus or light rail is free with a U-Pass available to all full-time University students at a very reasonable rate. It provided unlimited rides on all city buses and light rail. Without a U-Pass city transit is expensive, and fares are higher during rush hour. Check the Metro Transit site for up-to-date information on fares. ***Transfers,*** which you request from the bus driver upon boarding, allow you to ride on any bus (with a few exceptions) for 2-5 hours from the time you first board. If you are using a U-Pass, transfers are built in.

Metro Transit’s Trip Planner. This service provides the best possible bus route and time to any destination within the metro area. It is especially useful for those are not familiar with the bus system. The same service is also available by phone (612-373.3333 or 612-341.4BUS) making it possible to choose your bus route from anywhere.

Light Rail Transit (LRT). The Hiawatha Line stretches from Minneapolis’s downtown Warehouse District to the airport and the Mall of America. The fares for LRT are the same as for buses. The closest stops to the University are on 6th St. in the West Bank (behind Riverside Plaza) or by the Metrodome (a short bus ride on the 16 or 50).

Metro Mobility. Metro Mobility provides transportation service to people with disabilities for a small fee per ride. Call for more information (651-602-1111).

Driving. Driving to campus and parking is expensive and challenging. U of M police are diligent about writing tickets and will not hesitate to call a tow truck if you are parked illegally. A ticket for an expired meter costs \$34.

Driver’s license. If you want to get a Minnesota driver’s license or register your car in this state, check with the [Department of Motor Vehicles](#) (DMV). You have 60 days to get your license and register your vehicle. Registration fees depend on the value of your car and its age. You must have proof of insurance (no-fault and liability) to register your car. You will have to take the written exam even if you have a valid license from another state; the fee is \$18.50.

Parking. There are several parking options for those who wish to drive to campus.

Contract Parking. Limited parking spots are available in ramps and on lots by contract but these are expensive and are assigned by lottery. To get a contract, you must sign up for the Student Parking Contract Lottery on the Parking and Transportation Web site. Graduate students are also eligible for an Occasional Use Parking Contract valid for 22 uses during the academic year.

Public Parking. Except for the contract and permit-only lots, most parking facilities allow public all-day parking. The ramps are more expensive than surface lots and commuter/carpool lots offer inexpensive rates and are served frequently by campus buses.

Carpool Lots. These lots are for cars of two or more people (you don’t have to be registered as a

carpool). You can park for \$2 per day in the designated carpool lots. After noon, the carpool lots convert to regular \$3.75 per day parking. You can join a carpool on the Parking and Transportation Web site.

Meters. Parking meters are numerous around the campus. All University meters take quarters only and most are short term (12 minutes/quarter, 1-2 hour maximum).

Free Parking. Select ramps are free evenings from 8:00 p.m. to 8:00 a.m. Monday-Saturday and all day Sunday. When events are held, parking rates are charged from 3 hours before to 30 minutes after the start of the event. Event rates can be anywhere from \$7 to \$9. Facilities included are: 4th Street Ramp, Gortner Ave. Ramp, and 21st Ave. Ramp. Several lots and ramps also have special off-peak rates. There is very limited free street parking in the Dinkytown and Marcy-Holmes neighborhoods on the East Bank. On the West Bank you can be guaranteed a free spot between I-94 and Franklin Ave. This is a long walk through the Augsburg campus but the price is right and spaces are plentiful. Free parking near the St. Paul campus is along Como Ave. and the surrounding side streets. Parking along Cleveland Ave. and the neighborhood directly west of campus is limited to 1-2 hours and is strictly enforced.

Winter Parking. When it snows enough to plow, the cities require cars moved off the street. If you fail to do this they will tow. Minneapolis and St. Paul have separate rules for snow emergency parking. Most apartment complexes with parking lots will give tenants notice or have standardized rules for plowing. If you travel during the winter, make arrangements with someone to move your car in case it snows. For information on snow emergencies and parking rules in Minneapolis or St. Paul, go to:

Minneapolis: 612-348.SNOW

www.ci.minneapolis.mn.us/snow/

St. Paul: 651.266.PLOW

<http://www.ci.stpaul.mn.us/index.asp?NID=1213>

Motorist Assistance Program (612-626.PARK). Motorists parking legally in any University facility can use this service for free. MAP offers services including changing tires or jump-starting.

Taxes and Voting

Taxes. Minnesota state taxes are high. The state sales tax is 6.875%, but on the Minneapolis campus, the sales tax is 7.775% and on the St. Paul campus, 7.125%. However, there is no sales tax on clothing, food, prescription drugs, or textbooks. There are high taxes on alcohol, tobacco, and gasoline. Residents of Minnesota must file both federal and state income taxes. Forms are available from post offices and libraries (including those on-campus) and on-line. Many graduate students are exempt from paying Social Security (FICA) and Medicare taxes. If you think you're paying FICA and you shouldn't be, contact the Graduate Assistant Office (612-624-7070).

Because graduate students are usually in a low-income bracket, you may be eligible to file both federal and state taxes using [free on-line services](#). The University also offers workshops for international students on filing taxes.

Voting. You must be 18 years or older, a U.S. citizen, and have resided in Minnesota for 20 days to vote. Minnesota is one of the few states to have same-day voter registration. To vote you will need proof of your Minnesota residence, which includes one of the following: Minnesota Driver's License or State ID (or receipt for a new one), a student ID, a utility bill or fee statement with your address on it, or a registered voter to vouch for you at the polling place. You can pre-register by filling out a form at any post office or county office.

Services

Banks (locations near the U of M campuses). There are a number of banks close to campus.

Twin Cities Federal (TCF)

Note: *Your U-Card automatically gives you the option of opening a TCF account.*

219 19th Ave. S, 612-626-6810 (West Bank Skyway)

1501 University Ave. SE, 612-823-2265 (Dinkytown)

615 Washington Ave. SE, 612-823-2265 (Stadium Village)

US Bank

300 University Ave. SE, 612-331-7388 (Coffman Union)
401 14th Ave. SE, 612-USBANKS (Dinkytown)
718 Washington Ave. SE, 612-379-8900 (Stadium Village)
2383 University Ave. (St. Paul), 612-USBANKS

Wells Fargo

3430 University Ave. (near Hwy 280), 612-627-3400
Main number: 612-667-9378

Credit Unions. Working for the U makes you eligible for membership in two credit unions. Both offer low-interest loans, better-than-average interest on savings, and free checking.

Affinity Plus Credit Union (University)

2520 University Ave. SE, 612-312-9800

US Federal Credit Union

Stadium Village Mall
825 Washington Ave. SE - Suite 202, 952-736-5000

Shopping

Groceries. Rainbow and Cub are the main discount **supermarket** retailers in the Twin Cities. Lund's/Byerly's is more expensive. Smaller local supermarkets include Whole Foods, Kowalski's Market, SuperValu, etc. Many neighborhoods have grocers and bodega-type places as well.

The Twin Cities houses many **co-ops** and organic/health food stores. The closest ones are Seward (2201 Franklin Ave., Minneapolis), The Wedge (2105 Lyndale Ave. S, Minneapolis), Hampden Park Foods (928 Raymond, St. Paul), and Mississippi Market (Fairview and Randolph and Selby and Dale in St. Paul). You don't need to be a member to shop, but you can save money if you are. Many co-ops have reciprocal membership.

There are also many **farmers' markets** around town during spring and summer. Prices are reasonable and the selection is fresh and often organic. Among the largest and most accessible for students are the Nicollet Mall Farmer's Market Thursdays in downtown Minneapolis and the St. Paul Farmer's Market weekends at E 5th and Wall Streets in downtown St. Paul. There is a daily farmer's market at Lyndale Ave. and Glenwood in Minneapolis. The University has a farmer's market that sets up on the Church Street mall every Wednesday from July to October. Market season usually starts around April and goes until late Fall. The Mill City Farmer's Market open Saturdays only is located across from the Guthrie Theater on 818 S. 2nd St. in Minneapolis. For more information, go to <http://www.mplsfarmersmarket.com/lyndale.htm/> and <http://www.stpaulfarmersmarket.com/>

Department Stores. Target is based in Minneapolis and there are stores everywhere, including downtown Minneapolis. As you would expect, you'll find most all large retailers here: K-mart, Wal-mart, Sam's Club, etc. "The Dales" refers to suburban shopping malls (Rosedale, Southdale, Ridgedale) that count the national retailers like Macy's, J.C. Penney, Sears, etc. among their tenants. The largest is the famous Mall of America, located near Minneapolis/St. Paul International Airport. An IKEA store is close by MOA.

Furniture. Inexpensive furniture is available at Salvation Army and Goodwill locations (the closest Salvation Army is at 1604 E. Lake Street; a Goodwill Outlet is at 2505 University Ave. W.). Other options: IKEA; Hotel Furniture Liquidators (2109 Nicollet Ave., Minneapolis); Hom (large clearance section in their Plymouth store). For good quality real-wood furniture, try Buck's Unpainted Furniture (1639 West Larpenteur, St. Paul).

The best place for office furniture is the University's [Reuse Program](#) Warehouse. There's a great selection of used furniture from computer gear to chairs, desks, and filing cabinets. You can also purchase stadium lights,

library shelves, and anything else you could possibly want. The warehouse is open to the public on Thursdays from 8 a.m. to 5:30 p.m. and is located at 883 29th Ave. SE in Minneapolis.

Arts and Music

The Twin Cities are among the most arts-supportive cities in the United States with world-class museums, renowned theater, and internationally recognized symphony and chamber orchestras. The two cities also support a legendary music scene. Throughout the year there are many festivals celebrating the rich artistic tradition and culture of the Twin Cities, including the Fringe Festival, the Twin Cities International Film Festival, the St. Paul Winter Carnival, and the Summer Aquatennial in Minneapolis.

Museums. The Weisman Museum is free and is located on the U of M-Minneapolis campus. The Minneapolis Institute for the Arts is always free (2400 3rd Ave. S., Minneapolis), has an exceptional collection and hosts major traveling exhibits. The Walker Art Center (Hennepin Ave. and 12th St., Minneapolis) is the newly renovated and expanded modern art museum. The Minneapolis Sculpture Garden is located across from the Walker and is free and open daily for strolling. The Science Museum of Minnesota in St. Paul is geared towards families but has something for everyone (120 W. Kellogg Blvd., St. Paul) and offers student discounts. The Minnesota History Center (345 Kellogg Blvd., St. Paul) and the Mill City Museum (704 S. 2nd St., Minneapolis) are well worth visiting.

Music Scene. The music scene in the Twin Cities is unparalleled in the Upper Midwest. The St. Paul Chamber Orchestra is the only full-time, professional chamber orchestra in the U.S. The Minnesota Orchestra is world-renowned and has an annual Viennese Sommerfest, a month-long festival with performances nearly every night and free shows on Peavey Plaza, adjacent to Orchestra Hall in Minneapolis. The Dakota Jazz Club in downtown Minneapolis brings in performers from around the U.S. to one of the best venues in town. The Ordway Theatre hosts traveling Broadway shows.

Minneapolis—where Bob Dylan and Prince got their musical start—boasts a legendary rock scene, most famous for punk, indie, and alternative music. The Twin Cities has developed one of the strongest underground hip hop scenes in the country. The rock scene can be found at a number of clubs, most notably First Ave. and 7th Street Entry. Many national concert tours stop in the Twin Cities, either at Minneapolis' Target Center or State Theatre, or St. Paul's Xcel Energy Center.

Recreation

The great outdoors. With over 10,000 lakes statewide, Minnesota offers a wealth of parks and beaches. Many parks provide canoe and paddleboat rentals, as well as walking/running/biking paths. The St. Paul Student Center Outdoor Store and the University Recreation Center's Center for Outdoor Adventure rents outdoor equipment, has classes and workshops, and holds used equipment sales a few times a year. Local outdoor stores such as REI and Midwest Mountaineering are good sources of outdoor equipment as well.

Zoos. The [Minnesota Zoo](#) located in the suburb of Apple Valley occupies 500 acres and features about 2,300 animals, most in their natural setting. It was one of the first zoos to organize its animals by their living environment as opposed to their species. Exhibits are arrayed in six themed areas, including three themed walking trails ranging from one to two miles in length. Over 100 animals represent 15 species on the United States Endangered Species list. [The Como Park Zoo and Conservatory](#) is located within the city limits of St. Paul. Attractions include the zoo, conservatory, amusement park, carousel, Lake Como, a golf course, pool and more. Como Park is a free park and while no admission fee is charged for the zoo or conservatory, voluntary donations are suggested.

Gopher sports. All athletic programs at the U of M are NCAA Division I in the Big Ten. The University's sports complex is concentrated in Stadium Village, a neighborhood on the south side of the East bank. The new U of M TCF Stadium located at the edge of Stadium Village opens in Fall 2009 and brings outdoor football back to campus. Visit the [Athletics](#) Web site for information about athletic events and student ticket rates.

Graduate Students are eligible to purchase student athletic tickets to U of M athletic events, including season tickets at the student rate.

Professional sports. Besides University sports, the Twin Cities are home of the Vikings (football), the Twins (baseball), the St. Paul Saints (minor league baseball), the Timberwolves (basketball), and the Wild (hockey).

On-campus entertainment. For on-campus events, check the [U of M events calendar](#). On-campus museums and galleries are generally free to U of M students. Events at Rarig Center, Ted Mann Concert Hall, Northrup Auditorium, U Film Society (near the Bell Museum), and the Weismann Museum are generally discounted for students. There are numerous opportunities for free concerts and performances on campus.

Exploring Minnesota

Stillwater: A charming historic river town about 20 miles east of St. Paul on Hwy 36 on the St. Croix River. You can go boating, float under the historic lift-bridge, shop for antiques, or enjoy a number of restaurants downtown or on the water.

Taylors Falls: This is a popular canoeing destination. Rent a canoe at Taylors Falls and stop at one of the scenic picnic spots along the St. Croix River. (Taylors Falls Canoe and Kayak, 37350 Wild Mountain Road, Taylors Falls, 651-465-6315.)

St. John's Abbey and University: This large Catholic monastery about 70 miles west of Minneapolis on I-94 is surrounded by a 2400- acre wildlife refuge. The buildings have great architectural interest and many were designed by Marcel Breuer. At the Great Hall you can purchase a loaf of the famous St. John's Bread and pick up maps for self-guided walking tours. There's also the Hill Monastic Manuscript Library. With the right timing, you can observe or participate in mass in the Abbey church. General info: 320-363-2011.

Red Wing: This scenic Mississippi river town is home to Red Wing shoes, pottery, woolen goods, and a lot of antique and craft shops. There's a casino outside of town on the Prairie Island Reservation. It's located about one hour southeast of the Twin Cities on Highway 61.

Duluth and the North Shore: Duluth is a 2 ½-hour drive north of the Twin Cities on I-35. It is a beautiful port city on Lake Superior set among the hills overlooking the lake. It contains many wonderful parks and museums and is home to the U of M Duluth campus. If you drive along the North Shore you will find many small hotels and campgrounds, the Lutsen Ski Resort, and the Split Rock Lighthouse.

Boundary Waters Canoe Area: The [BWCA](#) on the northern border of Minnesota is a popular destination for extended camping trips. Be sure plan your trip to the wilderness in advance, especially if you are novice camper.

Itasca State Park: Lake Itasca is the headwaters of the Mississippi River. This park contains bike trails, campgrounds, and nature tours. It's a 4 ½-hour drive northwest of the Twin Cities on Hwy 71. Check the [Web site](#) for more information.

For information about these suggestions and more, go to www.exploreminnesota.com

Important Phone Numbers

Emergency Response 911

University Police 612-624-3550

Crisis Connection 612-379-6363

Crisis Counseling 612-625-8475

Crisis Intervention Center 612-347-3161

Environmental Health and Safety 612-626-6002

Sexual Violence Crisis Line 612-626-9111

Suicide Prevention 612-347-2222

University Escort Services 612-624.9255 (WALK)

Adapted from *The Graduate Student Survival Guide* distributed by the Council of Graduate Students. For the complete guide, go to: <http://www.cogs.umn.edu/pdfs/SurvivalGuide2008.pdf>