

The **Urban Collective** is a group of graduate students whose aim is to seek creative solutions to urban issues. The goal is to infuse the practice of urban planning, design and policy making with knowledge gained through intellectual, artistic and experiential learning. The group functions to facilitate special interest activities; all members are encouraged to engage as they see fit.

New to South Campus

No Car? No Problem.



urbancollective

STAYING HEALTHY

UB Dental Clinic - Take care of your teeth

Website: <http://dental.buffalo.edu/Patients.aspx>

Phone: 716-829-2821

Location: Squire Hall (On Campus)

Don't neglect your teeth while at school! UB's dental clinic offers affordable dental care right on South Campus. Appointments last longer than private practice visits because it is a teaching clinic but the dental work is well supervised and held to very high standards.



UB Health Clinic - Chiropractic Clinic w/NYCC - Take care of your Back

Website: <http://www.student-affairs.buffalo.edu/shs/student-health/announcements.php#chiro>

Phone: 716-685-9631

Location: Michael Hall (On Campus)

NY Chiropractic College (NYCC) offers free chiropractic services at UB South at Michael Hall. Student chiropractors under the supervision of a practicing professional provide free services to UB Students.



UB Counseling Services - Take care of your emotions

Website: <http://www.student-affairs.buffalo.edu/shs/ccenter/services.php>

Phone: 716-645-2720

Location: Michael Hall or North Campus - Richmond Complex (On campus)

Graduate school can be stressful especially if you are far from home. Don't struggle with stress, anxiety or depression. Call UB counseling services. Its free for students and can be a big relief. If you are in crisis they also have same day crisis counselors available right away. The counseling center also holds support groups, group therapy sessions and workshops.



UB Recreation - Take care of your body

Website: <http://www.buffalobulls.com/recreation/facilities/index>

Phone: 716- 829-2926

Location: Clark Hall (On campus)

While not the snazziest of campus fitness centers, Clark Hall is free and has all the basic amenities you need to keep in shape. It features the following amenities: 3 cross-court basketball courts, 3 volleyball courts, 3 badminton courts, 1 multipurpose gym with tartan surface, dance studio with wood floor, 25 meter swimming pool, 3 racquetball/squash courts, wrestling room, weight room/fitness center (featuring nautilus and cybex selectorized equipment), ab room/cardio room and showers and lockers.

Approximate time (minutes) to destination from campus via:



Public Transit



Bicycle



Walking

Buffalo Yoga

Website: <http://www.buffaloyoga.com/location.htm>

Phone: 716-835-0703

Location: Trimain Building (Jewett Ave and Rodney St.) Amherst Station

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Health Services

Website: <http://www.student-affairs.buffalo.edu/shs/student-health/services.php>

Phone: 716-829-3316

Location: Michael Hall (On campus)

You paid for the health insurance so you may as well use it! Everything from flu shots to pap smears and free condoms can be found at the health center. Care is generally covered by your insurance or is very affordable. Wait times are short and you can often get in for an appointment same day. There is also an onsite lab for any tests they order for you. Services include: women's health clinic, infectious disease clinic, health screenings, nutrition, eating disorders team, travel clinic, sexually transmitted infection and HIV screenings.

Sub-Board - Pharmacy (UB Insurance)

Website: <http://subboard.com/pharmacy/index.html>

Phone: 716-829-2368

Location: Michael Hall (On campus)

Walgreen's

Phone: 716-834-7223

Location: 3488 Main Street

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During the school year you can get your prescription filled at the health center (UB Insurance holders). But if you don't have university insurance or it's after five and you need to hit the pharmacy Walgreen's is located right across the street from the UB South's Parking lot at Main and Bailey.

Health Services - Take care of your sex life

Website: <http://www.student-affairs.buffalo.edu/shs/student-health/services.php>

Phone: (716) 829-3316

Location: Michael Hall (On campus)

STD testing and treatment, birth control and women's health services

Planned Parenthood of Western NY

Website: <http://www.plannedparenthood.org>

Phone: 716-831-2200

Location: 2697 Main Street (Amherst Station)

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EATING WELL

Budwey's Market

Website: <http://budweyssupermarkets.com>

Phone: 716-362-2350

Location: 416 Kenmore Avenue (Kenmore and Englewood)

Small local grocery chain.

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Tops Market

Website: <http://www.topsmarkets.com>

Phone: 716-515-3240

Location: 3500 Main Street (Across for UB South)

Large regional grocery chain. Cashes checks and sends money orders. Accepts UB Campus Cash

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ALDI

Website: http://aldi.us/index_ENU_HTML.htm

Location: 3060 Main Street (LaSalle Metro Station)

Discount bulk food chain.

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Massachusetts Ave Project - Mobile Market

Website: <http://www.parksidebuffalo.org/node/133>

Website: <http://www.mass-ave.org/>

Time: Thursdays 11-2pm

Location: People's Park (Amherst Station) - Jewett Ave and Rodney St.

Local produce brought to you by the Massachusetts Ave Project.

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University Heights Farmer's Market

Website: <http://www.ourheights.org/farmersmarket.html>

Time: Saturdays 8am-1pm (May to October)

Location: UB South Campus (Main Street at Kenmore Avenue)

Brings fresh produce and market goods to students and residents while supporting local business in the neighborhood.

GETTING AROUND

Buffalo Carshare

Website: <http://www.buffalocarshare.org/>

Phone: 716-898-0850

Location: UB South Campus - behind St. Joseph Church, next to Townsend Lot

Members rent vehicles on an hourly basis for errands or irregular trip, while relying on other modes of transportation (such as walking, bicycling, taking transit or carpooling) for their daily commute. Hourly cost: \$5 to \$8 per hour depending on use (plus a small mileage charge), Daily rates available for longer trips. Members also pay a monthly membership fee of either \$5 or \$20



Zipcar

Website: <http://www.zipcar.com/ub>

Students age 18+ and faculty/staff may have wheels when they want them. Low hourly and daily rates include gas, insurance, and 180 miles per day.



Regular Campus Shuttles/Buses

Website: <http://student-affairs.buffalo.edu/parking/schedules.php>

The UB Stampede - Travels between North and South about every 15 minutes during school days
Downtown Shuttle - The "UB BLUE LINE" connects the Downtown and South Campuses
Mall/Market Shuttle - Mall/Market Shuttle to Tops, Wegmans and the Boulevard Mall on Wednesdays & Saturdays.



Weekend/Holiday "Express Bus Home"

Website: <http://student-affairs.buffalo.edu/parking/holidayexpress.php>

Parking and Transportation Services and D & F Travel is pleased to offer express transportation from UB's North Campus to Rochester, Syracuse and Albany, and direct service to New York City on select weekends and holidays throughout the semester.



UB CarFree Carpool Program

Website: <http://student-affairs.buffalo.edu/parking/carpool.php>

Alleviate some of the demand for parking, reduce traffic congestion, and reduce our environmental footprint, UB has implemented UB CarFree Carpool Program for faculty, staff and students.



NFTA Metro Rail Pass Program

Website: <http://www.ub-parking.buffalo.edu/nftapass.php>

Eligible UB students, faculty or staff need to live within 3/4 of a mile of the NFTA Metro Rail line, or have responsibilities that require travel between the South and Downtown campuses to apply for this program.

Taxi

Website: <http://www.myubcard.com/other/taxifees>

UB has established a partnership with Buffalo Transportation, a local taxicab company, to provide safe, convenient transportation at a flat rate for UB students, faculty and staff to popular locations. Buffalo Transportation accepts Campus Cash.



Rideshare

Website: <http://www.goodgoingwny.com>

Find a colleague or fellow student to share the commute.



Ride the Metro

Website: <http://www.nysride.com>

Pre-tax savings on an NFTA transit pass are available to State employees.



Bicycling at UB

Website: <http://student-affairs.buffalo.edu/parking/bike.php>

There are racks to support over 600 bicycles on campus and bike racks on each UB Stampede bus.



Green Options Buffalo

Website: <http://greenoptionsbuffalo.org>

Green Options advocates for policy and infrastructure changes to facilitate safe bicycling and encourage more people to choose this healthy mode of transportation. They've installed hundreds of instantly recognizable "blue bike" racks throughout the city. Buffalo Blue Bikes, a program of Green Options Buffalo, also holds weekly bicycle maintenance workshops free to the public and sells inexpensive bicycles.

STAYING INFORMED

Navigetter

Website: <http://www.navigetter.com>

"Navigetter is an informative resource for people living in, working in and visiting Buffalo. Navigetter tracks the best of Buffalo and delivers info to you when you need it. The site relies on eyes on the street for the latest in restaurant openings, waterfront developments, art installments... you name it and we're tracking it."



Buffalo Rising

Website: <http://www.buffalorising.com>

Buffalo Rising covers news, art, culture and new developments in Buffalo. They cover the positive and interesting people and places that make Buffalo unique.

Artvoice

Website: <http://artvoice.com>

Weekly newspaper covering arts, culture and politics in Buffalo. Also, a great place for listings and classifieds.

Buffalo Spree

Website: <http://www.buffalospree.com>

Magazine covering culture, people, shopping and dining in Buffalo.

Buffalo News

Website: <http://www.buffalonews.com>

Buffalo's daily newspaper.

WBFO - 88.7

Website: <http://www.wbfo.org>

Buffalo's NPR affiliate (located at UB).

WBNY 91.3

Website: <http://www.buffalostate.edu/wbny>

Great alternative college radio from Buffalo State.

BEING PREPARED

Hyatt's Art Supply Store

Website: <http://www.hyatts.com>

Phone: 1-800-234-9288

Location: 910 Main Street (Allen Station)

Meeting the needs of visually creative people for more than 50 years. Hyatt's carries product lines for artists, architects, signmakers and designers of many disciplines.

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Sutherland's Office Centre

Website: <http://wb014.britlink.com/bl5/sutherlandsofficecentre>

Phone: 716-849-7043

Location: 327 Elm Street (Theater station)

Office Supplies and furniture.

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UB Medical Bookstore

Phone: 716-833-7131

Location: 3610 Main Street,

Buy your textbooks, apparel, and supplies.

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Talking Leaves

Website: <http://tleavesbooks.com>

Phone: 716-837-8554

Location: 3158 Main Street (3 blocks south of campus)

Buffalo's oldest independent bookstore

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University Bookstore

Phone: 716-645-3131

Location: 200 Lee Entrance (North Campus - UB Shuttle)

Buy your textbooks, apparel, and supplies.

Queen City Imaging

Website: <http://www.queencityimaging.com>

Phone: 716-832-8100

Location: 3100 Main Street

Copying, printing, and binding services.

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CARING FOR OTHERS

WNY Childcare Resource Center

Website: <http://www.wnychildren.org>

Phone: 716-877-6666

Location: 1000 Hertel Ave.

Finding affordable childcare is challenging and is a very personal choice. We suggest that you contact the resource center first for advice about finding and evaluating centers.

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YMCA Delaware Branch

Website: <http://www.ymcabuffaloniagara.org>

Phone: 716-875-1283

Location: 2564 Delaware Avenue

Affordable gym and community center. Has school aged childcare programs for after school, holidays and snow days.

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Gloria J Parks Community Center & Kids N Play Childcare

Website: <http://www.uhcda.org>

Phone: 716-832-1010

Location: 3242 Main Street (Heath and Main St.)

Affordable gym, after school and full day child care for infants to school aged.

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McClelland Small Animal Hospital

Website: <http://www.mcclellandsah.com>

Phone: 716-847-0181

Location: 455 Ellicott St. (Theater Station)

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Buffalo Small Animal Hospital

Website: <http://www.buffalovet.com>

Phone: 716-852-1112

Location: 243 South Elmwood Avenue (Theater Station)

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MISCELLANEOUS

University Heights Tool Library

Website: <http://www.ourheights.org/uhtl>

Phone: 716-510-1745

E-Mail: uhtl@ourheights.org

Location: 3083 Main Street (LaSalle Station)

The University Heights Tool Library is a place where residents of Buffalo and its suburbs can come and check out tools and equipment to help maintain and fix-up their homes, gardens, and communities. Membership is just \$10 a year!

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Life & Learning Workshops

Website: <http://workshops.buffalo.edu>

Phone: 716-645-3662

Various locations (On Campus)

If you're new to Buffalo you might be interested in learning how to drive in the snow or how to maintain your car. Maybe you'd like to take free yoga classes or improve your communication or research skills. Well UB offers free workshops on all these topics. Registration is required.

International Student and Scholar Center

Website: http://wings.buffalo.edu/intlservices/events_this_month.html

Phone: 716-645-2258

Email: intlservices@buffalo.edu

Location: Talbert Hall North Campus (Campus shuttle to North Campus)

Support for international students. Immigration services, workshops about living in Buffalo and adjusting to life at UB, trips and more.

Harriman Hall Student Services

Website: <http://www.buffalo.edu/buildings/building?id=harriman>

Hours: SRC in-person assistance at 104 Harriman Hall (South Campus) -

Monday – Friday 8:30 am - 5:00 pm (picture ID will be required)

Don't go to north campus for UB related services (unless you have to!) Transportation services, financial aid counselors, student response center (SRC), Cafeteria and housing services.

ATMS:

HSBC - Harriman Hall

Bank of America - Harriman Hall & Next to Tim Horton

Citizen's Bank - 3500 Main Street - Tops Supermarket

M&T Bank - 3500 Main Street - Tops Supermarket