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## Burlington gets national attention for its music and food scenes — both are accented by the city's rich ethnic diversity.

At the heart of all is Church Street, a pedestrian marketplace featuring brand-names like L.L. Bean, Banana Republic, Lululemon, along with local outfitters and boutiques. Food carts, outdoor eateries, street performers, yoga studios, tea houses and coffee shops — they all contribute to the independent urban vibe you've heard about. The city's many theaters feature local talent along with acts from Broadway and other world stages, while our 45+ studios and galleries leave no question why Burlington is revered for its creative culture.

Here are some more fast facts about our city by the lake:

- Burlington, Vt. (city population, 40,000; metro area population, 1 50,000)
- 220 miles northwest of Boston, 285 miles north of New York City and 90 miles southeast of Montreal
- Located on Lake Champlain -- a stunning lake with 587 miles (945 kilometers) of shoreline.
- 25 to 60 minutes to ski resorts, including Bolton Valley, Stowe, Sugarbush, Mad River Glen and Smuggler's Notch
- Burlington has been named a top city for outside activities, the arts, safety and overall quality of life by Outside, The Huffington Post, Travel + Leisure, The New York Times, Arts & Entertainment, Traveler and other national media.
- Burlington's Church Street marketplace and mall feature national chains such as Lululemon, Athleta, Patagonia, Banana Republic, L.L. Bean, Urban Outfitters, GAP, Eddie Bauer, Abercrombie & Fitch, Macy's and Starbucks, as well as many locally owned stores and boutiques.
- Burlington's 35+ Parks, 550+ Acres of Open Space, 4 Public Beaches, Street Trees & Greenways, Community Gardens, 3 Cemeteries, Miller Recreation Center, Leddy Ice Arena, Champlain Senior Center, North Beach Campground, Community Boathouse Marina and all Recreation Programs.



# Neighborhood Guide

## Burlington, Vermont

### Old North End

- Burlington's oldest and most diverse neighborhood
- Within walking distance to the downtown shopping area and Lake Champlain
- Less than a 15-minute drive to Larner COM

#### Boundaries:

- Pearl Street to Manhattan Drive
- North Avenue to North Prospect Street

#### Parks

- [Battery Park](#), [Roosevelt Park](#), [Pomeroy Park](#)

#### What Folks Say:

*"It's a flavorful place to live. There are lots of refugee families and some college students, which gives it a different vibe than the feel of the south end. There are lots of "hole in the wall" restaurants that are fun to explore, and it's easy to bike to the waterfront. Living in the north end makes me feel like I'm more integrated into the Burlington community because of the location and the diversity of the neighborhood."*

**- MS2, Class of 2020**

*"I lovvvvve living in the old north end. It's so convenient to everywhere- school, downtown, the waterfront, City Market etc. You can walk or bike pretty easily to almost anywhere. Plus there are lots of cool/kind of different restaurants in that area."* - **MS2, Class of 2020**

*"My wife and I live in the Packard Lofts building in the Old North End. We pay \$1825 for 1250 sq ft 2 bed 2 bath 2nd floor apartment. We have 1 covered parking space which is great in winter. The unit comes with a storage unit. We enjoy being close to downtown, the waterfront, bike path, and north beach. I am a short bike ride from work which is nice. We are right next to a fire station and Burlington PD headquarters so crime is a non-issue and my wife and I always feel safe even walking home alone in the middle of the night from downtown. For the most part the neighborhood is quiet and clean. I can't say anything about local schools for young children. Another potential downside is that it can take in excess of 10-15 minutes to get to I89 from our place is someone has to commute or absolutely needs to be within 30 minutes of a ski lift. All and all we wouldn't rather live anywhere else."* - **PGY2**

## New North End

- A more suburban area of Burlington
- 15-25-minute drive to Larner COM

### Boundaries:

- Lakeview Cemetery, Winooski River

### Parks

- [Ethan Allen Park](#), [Leddy Park](#), [North Beach Park](#), [Shiffliti Park](#), [Starr Farm Park](#), Winooski Valley Park District

### What Folks Say:

*“My favorite thing about the New North End is how close it is to so many beaches. It has a more neighborhood-like feel than the rest of Burlington does. The houses here are spread out enough to allow us to have a pretty big backyard. The New North End seems to be far away in the north part of Burlington, but it is still close enough to school for me to bike there in 20 minutes easily.”*

- **MS2, Class of 2020**

## East Avenue/Centennial Court

- Less than a ten minute walk to school
- Contains Centennial Woods, a great area for hiking and snowshoeing
- Vermont’s minor league baseball team, The Lake Monsters, play at Centennial Field

### Boundaries:

- UVM Medical Center to the Winooski River/edge of Centennial Woods

### What Folks Say:

*“I live in the Centennial Neighborhood, about 3 blocks from the McClure entrance to UVM. 1600/mo for a 2br 1ba. It is wonderfully close to Winooski downtown, the Intervale and biking to downtown. It can be difficult to find a place but much easier by moving in a month before June 1st when the undergrad move-in date is. A lot of rentals are private owners or single units.”* - **PGY3**

## Downtown

- Surrounds Church Street, the hub of Burlington
- Restaurants, bars, and shopping
- Less than a 10-minute drive to Larner COM
- Less than a 30-minute walk to Larner COM

### Boundaries:

- Pearl Street to Maple Street
- South Union Street to Lake Street

### Parks

- [Battery Park](#), [Waterfront Park](#), [City Hall Park](#)

### What Folks Say:

*“Positives: Close to Church Street, the farmers market on Saturdays, Roxy Theater (where you can get inexpensive movie tickets), the Echo center, the college of medicine, the lake*

(and lake views). This area is really fun with all the excitement of living downtown being just outside your door.

Negatives: Expensive, the bars are right there so on weekends it can get noisy.”

- MS2, Class of 2020

## The Hill Section

- Less than a 10-minute drive to Larner COM
- Less than a 25-minute walk to Larner COM

### Boundaries:

- South Union Street to South Prospect Street
- Pearl Street to Prospect Parkway

### Parks

- University of Vermont fields/greens

### What Folks Say:

*“This is a residential neighborhood of Burlington between downtown and the south end. You’re usually within a mile or less walk to school and are in close proximity to Champlain College and downtown. Easy access to the lake/bike path/Pine Street/downtown (down the hill) or the UVM Redstone campus/athletic campus/golf club/Spear Street bike path (up the hill).*

*Pluses: You’re in between campus, downtown, and the south end, so you’re within reaching distance of a lot of happenings, but you can avoid the rowdiness of being in the thick of UVM undergrad housing. Safety-wise, it’s always good to be careful, but this area has a pretty good track record as far as break-ins go. Sometimes you can score an apartment with nice lake views because it’s set up on the hill, and when you get sick of Main Street/downtown traffic, it’s a straight shot due south to access Shelburne Road, large shopping centers, and the South Burlington I-89 exit.*

*Minuses: It can get pricy! This is one of the more upscale neighborhoods within walking distance of downtown, so the quality of housing goes up, but so do rent prices. Also, walking/biking to school often means an uphill push in the morning.*

*Generally, I really like living here because it’s quiet but still has easy access to school and downtown. The biggest drawback is the price.” - MS2, Class of 2020*

*“I would say that my favorite aspect of living in the Hill Section is how beautiful and historic the neighborhood is. Most of the buildings around here are renovated houses from the late 1800s and early 1900s- they are all unique and beautifully detailed. It is also a relatively safe and quiet neighborhood for being so close to downtown (5-10 minute walk to downtown depending on where you live). It’s great being within walking distance of lots of shops, City Market and the waterfront. I have been living here for over a year without a car and it has worked out well so far!”*

- MS2, Class of 2020

## South End

- Home of the historic Five Sisters neighborhood
- 10-15-minute drive to Larner COM

### Boundaries:

- Maple Street to Queen City Park Road
- South Union Street/Shelburne Road

### Parks

- [Oakledge Park](#), [Callahan Park](#), [Smalley Park](#)

### What Folks Say:

*“The South End is really being built up, with tons of restaurants and breweries right in the area. It is also within walking distance of Oakledge, a large park with a nice beach on the water. We often have get-togethers and grill at Oakledge when the weather’s warm.” - MS2, Class of 2020*

## Outside of Burlington

### Winooski

- The town around the mouth of the Winooski river
- Home to lots of restaurants and bars around the Winooski Circle
- 5-15-minute drive to Larner COM

### Boundaries:

- UVM’s Trinity Campus/Winooski River to the Checkerbay Carwash on Rte 2/Main Street

### Parks

- Gilbrook Nature Area, Richards Park, Landry Park, West Allen Street Park

### What Folks Say:

*“The Winooski circle is full of great bars and restaurants that we can easily walk to. On Sundays, there is a farmers market where we can get local fruits and vegetables and products. We live in a house, so the area has a city feel within a more suburban neighborhood. I also live next to the bus line that drops me off right in front of school!” - MS2, Class of 2020*

*“I live in Winooski, VT. My partner and I rent 1/2 of a duplex. We chose Winooski primarily because it was still close enough to the hospital and downtown Burlington to walk but it was considerably cheaper than living in Burlington proper. We do not have children so school selection was not a determining factor. We have stayed in the same house for all four years we’ve lived in Vermont because the rent has stayed reasonable and while the situation is not perfect (we don’t have a washer-dryer or covered parking, for example) it has never been worth the \$\$\$ it would take to have those things and still live fairly close to work and fun.” - PGY5*

## South Burlington

- A more suburban, separate town from Burlington
- 10-20-minute drive to Larner COM

### Boundaries:

- South and East of Burlington, until reaching Shelburne and Williston, respectively

### Amenities:

- Burlington airport
- Bike path
- University Mall
- The Blue Mall

### Parks

- Red Rocks Park, Overlook Park, Veterans Memorial Park, Jaycee Park, Szymanski Park, Wheeler Nature Park

### What Folks Say:

*“South Burlington extends from Burlington down both Shelburne Road and Williston Road. There is a range of housing options available, everything from apartment/condominium complexes to suburban neighborhoods to larger houses overlooking the lake. It is very convenient to many amenities, shopping malls and recreational facilities. It also has excellent schools and services.” - UVM Faculty*

*“When I moved to Burlington for residency I bought a condo in South Burlington. My mortgage is about \$922 per month and I have about \$270 in condo association fees. The location is great as it only takes me about 10 minutes to get to work in the morning, although with traffic it takes a bit longer to get home after. I have a pretty easy time getting to and from places like downtown and Winooski.” - PGY3*

## Williston

- 15-20-minute drive to Larner COM

### Amenities:

- [Maple Tree Place](#), Taft Corners Shopping Center

### Parks

- [Williston Community Park](#), [Allen Brook Community Park](#), [Rossignol Park](#), Brownell Mountain Conservation Area, [Lake Iroquois Recreation District](#)

### What Folks Say:

*“I like living in Williston because of its lively atmosphere and closeness to the city of Burlington as well as the small surrounding towns. There is a mix of local restaurants and corporate chain restaurants that meet everyone’s needs. There is never a dull moment. You can go to any of the surrounding outdoor parks and trails or stay inside at Majestic 10 (movies) or Get Air (trampoline park). Running errands is very easy in Williston because of all the big shops located in the town and there are plenty of small shops to pick up local produce. It’s relatively small compared to Burlington, but has a big town feel.” - MS2, Class of 2020*

## Essex and Essex Junction

- 10-25-minute drive to Larner COM
- Essex Junction hosts the annual 10-day Champlain Valley Fair at the Champlain Valley Expo

### Parks

- *Fort Ethan Allen Parade Grounds and Park, Foster Road Park, Indian Brook Park, Sand Hill Park*

### What Folks Say:

*“Living in Essex Junction affords me the separation I need between my home life and school life, while just being a short daily commute from UVM. This small town offers a nice contrast to Burlington and gives me the opportunity to take part in some awesome community events, like the annual Essex Junction Block Party, the weekly Five Corners Farmer’s Market, and Friday Nights at the Park that feature food trucks and live performances. The center of town, Five Corners, is home to a number of small businesses, food stands, taverns, and delicious restaurants, which range from Mexican to Vietnamese to Nepalese. Some of my favorite food spots in the area are right here in town, including Pork and Pickles for barbecue and Sam’s Scoop Shop at Maplehurst for ice cream. It is only a short drive to the Essex Shoppes and Cinema, if you’re in the mood for outlet shopping or a movie. If you’re looking to play some sports, Maple Street Park, Cascade Park, and Tree Farm Soccer Complex offer tennis and basketball courts, baseball and soccer fields, a skate park, a bike park, and a public pool. You can also visit MetroRock or Essex Speedway & Action Center for more adventurous recreation. Essex Junction is also home to the Champlain Valley Expo Center, so living here has its perks during those ten magical days when the State Fair comes to town.”*

**- MS2, Class of 2020**

## Colchester

- Town that includes Malletts Bay off of Lake Champlain and hiking/swimming in Colchester Pond
- Home to Saint Michael’s College and Albany College of Pharmacy and Health Sciences
- 10-20-minute drive to Larner COM

### Amenities:

- Costco

### Parks

- Niquette Bay State Park

### What Folks Say:

*“Colchester is not as popular with students as downtown Burlington, which has its advantages. Colchester tends to be family-oriented and quiet, which is worth the 15-20 minute drive to campus. Parts of Colchester, such as those close to the Winooski-Colchester line, are within a 10 minute drive to the hospital. There are lots of condominiums, both for rent and for sale, in great complexes. Colchester has great lake access, with Mallet’s Bay and Thayer Beach being the most popular spots for water activities. There are places for quick bites (such as McGullicuddy’s on the Green), as well as restaurants such as The Lighthouse and Junior’s Italian. Overall, Colchester allows students quiet, family- (and often pet-) friendly housing within a short driving distance to both campus and downtown*



Burlington." - MS3, Class of 2019

## Shelburne

- 15-25-minute drive to Larner COM

### Amenities:

- Shelburne farms
- Shelburne museum

### Parks

- Davis Park, Hullcrest Park, Shelburne Bay Park, LaPlatte Nature Park
- Shelburne Pond

## Montpelier

- 40-50-minute drive to Larner COM

### Amenities:

- Vermont State House
- Bus to Burlington

### Parks

- Hubbard Park, North Branch River Park, Mill Pond Park



## Finding Housing

### All of Vermont:

<http://www.housingdata.org/>

### Burlington:

<http://rentals.gridguide.com/>

<http://www.myburlingtonapartment.com/>

<http://centennialcourtapartments.com/>

<http://www.burlingtonrent.com/>

<https://www.zillow.com/burlington-vt/rentals/>

<https://www.apartments.com/burlington-vt/>

With UVM netID= <https://offcampushousing.uvm.edu/>

### Burlington and surrounding area:

[https://classifieds.sevendaysvt.com/listAds.htm?FORMITEM\\_CATEGORY=11](https://classifieds.sevendaysvt.com/listAds.htm?FORMITEM_CATEGORY=11)

<https://vermont.craigslist.org/search/apa>

<https://www.apartments.com/apartments/winooski-vt/>

## VT Information for Tenants

<http://www.rentalcodes.org/who-are-you/tenants/>  
[https://www.cvoeo.org/fileLibrary/file\\_99.pdf](https://www.cvoeo.org/fileLibrary/file_99.pdf)  
<https://www.burlingtonvt.gov/CodeEnforcement/Minimum-Housing>



## Home Utilities

### Utilities

Below are some contacts to commonly used utility companies in and around Burlington. Be sure to talk to your landlord to confirm which companies provided the utilities for the previous tenants.

#### **Natural Gas**

- Vermont Gas— 802-863-4511 • <https://accounts.vermontgas.com/vgsaas/prompt.php>

#### **Electric**

- Burlington Electric Department (all of Burlington)
  - 802-865-7300 • <https://www.burlingtonelectric.com/>
- Green Mountain Power (outside of Burlington)
  - Main Office—163 Acorn Lane, Colchester, VT 05446•1-888-835-4672•  
<http://www.greenmountainpower.com/>

#### **Water**

- Burlington Water Department via Burlington Public Works Department
  - 645 Pine St, Burlington, VT 05401•802-863-9094•  
<https://www.burlingtonvt.gov/DPW/Water>

#### **Trash, Compost, Recycling**

“For duplexes and all multi-unit dwellings, the landlord is required by law to make arrangements for trash collection. The landlord must provide properly sized storage facilities for waste and see that they are collected on a weekly basis. The tenants are responsible for putting waste in the designated receptacle or storage area. In Burlington, you are required by ordinance to move

trash receptacles off of the green belt and onto your rental property after it is picked up. If you live outside the city limits, contact private companies for trash collection.”<sup>1</sup>

Recycling is MANDATORY in Vermont. It may only be put out on your assigned day for pick up. This information should be provided by your landlord, or you can check at [www.cswd.net](http://www.cswd.net)

**Trash**— <https://cswd.net/trash/>

**Recycling**— <https://cswd.net/recycling/>

**Composting**— <https://cswd.net/composting/>

### **Cable and Internet**

Comcast/Xfinity— <https://www.xfinity.com/locations/vermont/burlington.html>

Burlington Telecom\*— <https://www.burlingtontelecom.com/>

\*Provides a student discount



## **Healthcare and Personal Services**

### **Healthcare**

**Each of the services below was recommended by a Larner College of Medicine student, student partner, faculty or staff member.**

#### **UVM Student Health Services**

Provides comprehensive care for UVM undergraduate, graduate and medical students at two clinical sites. Services covered under student health insurance plan with most services fully covered by the UVM Health fee with no additional charge.

<http://www.uvm.edu/~chwb/health/>

#### **Willard St. Family Dental**

*“Dr. DeSanctis saw me as a new student for tooth pain within a week of calling, and his office is open until 9:00pm three days of the week” –MS3, Class of 2019*

27 North Willard Street, Burlington, VT 05401 • 802-862-8625 •

<http://www.willardstreetdental.com/>

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<sup>1</sup> [http://www.uvm.edu/oscr/pdfs/OCLG2017\\_ONLINE.pdf](http://www.uvm.edu/oscr/pdfs/OCLG2017_ONLINE.pdf)

## **Community Health Centers of Burlington**

*“Community health center (dental) has very convenient night time appointments and a sliding pay scale.”—MS3, Class of 2019*

Multiple locations • 802-864-6309 (Medical)/802-652-1050 (Dental) • <https://www.chcb.org/>

## **Veterans Health Administration (VHA) Clinic (Nearest Clinic to UVM—VA Burlington Lakeside Clinic)**

*“If you are eligible to apply for VHA (VA Form 10-10EZ), you may gain access to health care at the VA Hospital in White River Junction, VT or at the local Community Based Outreach Clinic (CBOC) in Burlington. If you believe you may be eligible for benefits, it is very worthwhile to reach out to a Veteran Service Officer or organization like the Veterans of Foreign Wars, or American Legion, to discuss your options.”*

128 Lakeside Ave. Suite 260, Burlington, VT 05401 • 802-657-7000

## **CAPS—Counseling and Psychiatry Services**

*“Offers a variety of services to the UVM community including short-term individual counseling, urgent needs counseling, group counseling, outreach and education, psychiatry, referrals, and consultation services”*

Jacobs House • 802-656-3340 / Redstone Campus • 802-656-3340 • <http://www.uvm.edu/~chwb/psych/>

## **Beauty**

### **Atlas Hair Studio**

*“Atlas Hair Salon is where women of all ethnicities can have their needs met. Cailyne Crowder is the owner and stylists, and a specialty of hers is Deva Cuts. She can work with natural hair, which is hard to come by in this area.”—MS3, Class of 2019*

71 Main St, Winooski, VT 05404 • 802-355-5590

### **inHAIRitance Salon**

*“I couldn't find a salon to cater to my curls anywhere in Vermont. inHAIRitance is only 1.5 hrs away, provides excellent services and products for naturally curly haired women, and provides me with an opportunity to explore Montreal once every 8 weeks.”—MS3, Class of 2019*

<http://www.inhairitance.ca/>

### **Salon Salon**

*“Convenient drop in appointments and reasonable prices” – MS3, Class of 2019*

25 Winooski Falls Way #109, Winooski, VT 05404 • 802-654-7400 • <http://www.salonsalonwinooski.com/>

### **Cynthea's Spa**

*"Multiple experienced estheticians that are trained to provide services for a variety of clients. I always feel at home here and know that I'm going to receive top quality service at student friendly prices"*  
– MS3, Class of 2019

102 Church St., Burlington, VT 05401 • 802-238-7524 • <https://www.cyntheaspa.com/>

### **Mike's Class Barbershop**

Specializes in men and boys short styles, fades, flat tops and all professional short cuts. Also performs straight razor head and face shaves. *"Class barbershop experience. Pretty cool to receive a straight razor shave at a reasonable price, and Mike was fun to talk to."* –Student Spouse

2141 Essex Rd, Williston, VT 05495—Studio 3 • 802-318-6477 •  
<https://www.solasalonstudios.com/locations/williston-vt>

### **Main Street Barbers**

*"Professional haircuts for \$15"* –MS3, Class of 2019

72 Main St, Burlington VT 05401 • (802) 863-5100 • <http://www.mainstreetbarbers.net/>

### **LUX Barber Shop**

*"LUX Barber shop is an amazing Barber shop for Men of Color. Ask for Jeremy- the Dominican. NYC Native that can turn any man's head into a work of art. For over 7 years I have been looking for a barbershop that could cut, for lack of a better phrase "Black Hair", and I finally found it here. They also provide Free Beer while you wait for your appointment!"*

–MS2, Class of 2018 and previous UVM undergraduate student

159 Cherry St, Burlington, VT 05401 • (802) 497-2086 • [barber.luxburlington.com](http://barber.luxburlington.com)

## **Wellness**

### **Patrick-Forbush-Gutterson Athletic Complex/PFG**

Multiplex that includes a fitness center, pool, ice rink, tennis courts, indoor track, rock climbing and more. Membership is included in student fees and family members can join for a discounted price. Ten minute walk from the medical school.

## **Champlain Valley Crossfit**

*“I like CVCF because I know I’ll get a good workout and feel like I’m getting stronger. Also, after a long day of studying and thinking, it’s nice to go to a gym where someone else makes up your workout.”*

—MS3, Class of 2019

1191 South Brownell Road, Suite 10, Williston, VT 05495 • 802-660-3760 •  
<http://champlainvalleycrossfit.com/>

## **Sangha Studio**

*“Friendly, welcoming, donation based studio with classes offered all times of the day. They have a variety of class styles available as well.” —MS3, Class of 2019*

Multiple locations • <http://www.sanghastudio.org/>

## **Laughing River Yoga**

*“One of my favorites because many of the teachers are attentive to the meditative elements of yoga. It’s in a great location with views of the Winooski River.”— MS3, Class of 2019*

1 Mill St #126, Burlington, VT 05401 • 802-343-8119 • <https://www.laughingriveryoga.com/>

## **CropCash**

*“If students use food stamps/EBT/3SquaresVT, they should check out CropCash, which can be used to double their dollars when they spend them at farmers’ markets, so makes it easier to buy local fresh fruits & veggies.”—MS3, Class of 2019*

<http://nofavt.org/cropcash>

## **Intervale Community Farm**

*“CSA shares available 12 months out of the year, I believe with an option for a student discount. Fun pick-your-own produce during the summer, also includes fresh cut flowers. In the winter you can customize which root vegetables you take so you can leave the kohlrabi behind.”*

—MS3, Class of 2019

Many other CSA options found here: <http://nofavt.org/find-organic-local-food/csas>



## **Spirituality**

### **Mosque: The Islamic Society of VT**

*“The Islamic Society of VT has a wide range of program offerings for those who are looking to connect spiritually. The community is welcoming to all, and the mosque is ideally located in Colchester, VT.”*

—MS4, Class of 2018

182 Hegeman Ave #1, Colchester, VT 05446 • <http://www.isvt.org/>

### **Ohavi Zedek Synagogue**

“Vermont’s oldest and largest Jewish congregation, Ohavi Zedek Synagogue (or OZ) was founded in 1885 by 18 Jewish immigrants from Lithuania...Under the leadership of Rabbi Amy Small, OZ, as it is lovingly called, emphasizes a spirit of tolerance and mutual respect for its members and for the community”

188 N. Prospect St, Burlington, VT 05401 • 802-864-0218 • <http://ohavizedek.org/>

### **Church at the Well**

*“Housed at the Main Street Landing’s Film House Theater, this church is attended by many long term Burlington residents and students. Definitely a chill environment to connect with peers and spiritual life”*

—MS3, Class of 2019

<http://www.wellchurchvt.com/>

### **First Congregational Church**

Over 200 years old, First Congregational Church “embraces a wide spectrum of theological perspectives...Any church member may be directly involved in this church’s ministry and mission. [The church] supports full participation of every person in the life of the church — no matter who they may be by virtue of age, gender, sexual orientation, race, ethnicity, social location, physical, or cognitive ability.”

38 South Winooski Avenue, Burlington VT 05401 • 802-862-5010 •

<http://firstchurchburlington.org/>

### **Vermont Hindu Temple**

Serves numerous members of the Burlington community as well as members of the Hindu-Bhutanese-Nepali community as far away as Albany, NY. “We are a home away from home for everyone who wants to learn more about us. We welcome everyone who is interested in learning more about Hinduism and culture”

20 Allen St, 2<sup>nd</sup> floor, Burlington, VT 05401 • <https://www.vermonthhindutemple.org/>

### **The Church of Jesus Christ of Latter Day Saints**

400 Swift St, Burlington, VT 05403 • 802-860-2884

[Seven Days Article, "Are You There, God? It's Me, Vermont: Finding Religion in the Most Godless State" \(w/Directory\)](#)

[Shelburne Places of Worship Directory](#)



## Community Support Groups

### The Family Room

*“They offer free playgroups with staff on hand to answer questions and help out with kids, other parents to talk to, and often free meals (snack or even dinner). They can help connect folks with WIC, and offer a more diverse group of families (socioeconomic and racial diversity, especially) that might appeal to students who seek connection to the community beyond the campus bubble.” –MS3, Class of 2019*

<http://www.familyroomfamily.org/>

### RBG of Vermont

Invitation only Facebook group focused on “support, sister circle of love, community, faith and comfort. In a place where we desperately need each other, it is bless-ed to have each other.” Made up of almost 100 black female members of various Vermont communities holding numerous career positions and always willing to share stories of life experiences.

### Pride Center of Vermont

“Comprehensive community center dedicated to advancing community and the health and safety of the Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Vermonters. The Pride Center’s...drop-in resource center, community meeting spaces, 3,000-volume lending library, David Bohnett Cyber Center, and social events are all helping to build community and create increased access to information and resources for all our members. PCVT also houses the Vermont Queer Archives to preserve LGBTQ VT’s unique history.”

255 South Champlain St. Suite 12, Burlington, VT 05401 • 802-860-7812 •

<http://www.pridecentervt.org/>

### Howard Center

“Offers life-saving professional crisis and counseling services to children and adults; supportive services to individuals with autism and developmental disabilities who need help with education, employment, and life maintenance skills; counseling and medical services for those struggling with substance abuse; and intensive interventions for adults with serious and persistent mental health challenges.”

Multiple Locations • <http://www.howardcenter.org/home>

## **State of Vermont Office of Veterans Affairs**

“Our site contains information to help you understand what benefits and services are available for Vermont veterans. The site consolidates information from numerous federal, state, and private organizations in order to make it easier for you to find what you are looking for.”

118 State St, Montpelier, VT 05620-4401 • 802-828-3379 • <http://veterans.vermont.gov/>

## **UVM Affiliate Groups**

These groups are run by UVM faculty and students from the main campus. They each welcome active involvement of Larner College of Medicine students, faculty, and staff.

**Mosaic Center for Students of Color (MCSC)**—offers such programming and events as listserv communication; Friday Breakfast; Sisterhood Circle; Brotherhood; The Women of Color Leadership Retreat (done in collaboration with the Women’s Center); Racial Aikido; Annual MCSC Awards Banquet; Annual MCSC Graduation Brunch.

### **Student Veteran Services and Student Veterans Organization**

**The Women’s Center**

**The LGBTQA Center**

**The Interfaith Center**

**Black Student Union**

**Alianza Latinx**

**Asian American Student Union**

**Queer People of Color (in collaboration with the LGBTQA Center)**



# Public Schools

## **Burlington School District**

Burlington School District serves nearly 4,000 students, pre-k to grade 12, across 10 campuses. Burlington is home to the largest, most diverse school district in the state of Vermont and offers students a unique opportunity to learn how to become productive citizens in a truly global society.

- Champlain Elementary School
- Edmunds Elementary & Middle Schools
- Flynn Elementary School
- Integrated Arts Academy
- Sustainability Academy
- Smith Elementary School
- Hunt Middle School

## **Colchester School District**

[Colchester School District](#) is home to approximately 2,100 students and employs over 450 faculty and staff members. In addition to Colchester residents, the district also welcomes tuition students from the town of Georgia and Vermont's Island communities of Alburgh, Grand Isle, Isle La Motte, North Hero, and South Hero. Families who live in other towns and/or school districts can apply to attend Colchester High School through the school choice law.

- Two K-2 Buildings: Union Memorial School and Porters Point School
- PreK/Grades 3-5 Building: Malletts Bay School
- Middle School Building: Colchester Middle School
- High School Building: Colchester High School
- High School Alternative Program Building: Colchester Alternative Program (CAP)

## **Winooski School District**

Encompassing a little more than one mile square, [Winooski School District](#) is the smallest geographic school district in Vermont, and for many reasons, is a very special place for learning. Housed within a single building complex, grades PreK through 12, the small size of the Winooski schools helps to create a positive and caring environment where every student's success is important. They offer our students a full range of academic studies and extracurricular activities and hold high standards for excellence in instruction, curriculum, and assessment.

## Chittenden South Supervisory Union

- Charlotte
- Hineburg
- Shelburne
- St. George
- CVU

## Williston School District

The [Williston School District](#) is comprised of two schools

- Allen Brook School (EEE/PK - grade 2)
- Williston Central School (grades 3-8)

## Essex Westford School Districts

[Essex and Westford](#) are two wonderful places to live and to learn. Our new district serves approximately 4,500 preschool through 8th grade students across three communities: Essex Town, Essex Junction and Westford.

Parents, staff members, students and the entire community work together to provide quality programs to help every child become successful.

The Essex Westford School District will be made up of the following 10 schools:

- Albert D. Lawton
- Center for Technology, Essex
- Essex Elementary School
- Essex High School
- Essex Middle School
- Founders Memorial School
- Hiawatha Elementary
- Summit Street School
- Thomas Fleming School
- Westford School



## Private Schools

[KidsVT](#) maintains a comprehensive database of private schools in the state.



## Childcare Resources

Childcare Resources is a non-profit organization that helps connect childcare providers to families.



## Transportation & Parking

There are several ways to get around Burlington and the state of Vermont besides driving your own vehicle. If you're a student at the College of Medicine, you are required to have a vehicle and valid driver's license by your second year; however, many clerkship sites will be also be accessible using one of the methods below.

### Taxis and Shuttles

**UBER**—Service established in 2014. Serves Burlington, Killington, Stowe, and Montpelier as well as their immediate surrounding areas. Generally reliable if catching a ride in Burlington and headed out of or within the city, not so much if you're >20 min outside of Burlington or the aforementioned cities. Phone app available.

**Lyft**—Service established May 2017. Serves Burlington, Montpelier, and Middlebury as well as their immediate surrounding areas. Similar issues as Uber as well as less drivers. Phone app available.

**GreenCabVT**—environmentally conscious transportation company that employs alternative fuel vehicles and hybrids. Can request cab from phone app, telephone number or website. 24 hr availability. "Geared to provide blanket coverage for all of Vermont." 806-864-2424

**89 Taxi**—Serves Burlington and immediate surrounding areas • 802-383-8294

**Dunwright Taxi**—Serves Burlington and immediate surrounding areas • 802-557-2461

**Burlington Airport Taxi**—Service to and from Burlington airport, to Montreal, Canada and New England area, as well as to and from major ski areas. 24/7 availability with special rates for students, military, and government employees. 802-239-1515

## **Car Sharing Services**

[CarShare Vermont](#)—“nonprofit that provides 24/7 access to neighborhood-based fleet of vehicles. Includes gas, insurance, parking, roadside assistance, and more.” Must be over 18 with a clean driving record. 131 St. Paul St., Burlington, VT 05401 • 802-861-2371

## **Buses**

[Green Mountain Transit \(GMT\)](#)—Serves 5 major regions including Chittenden County, Capital District, Franklin/Grand Isle, Stowe/Lamoille, and Mad River Valley. Buses are reliable, comfortable and safe. RouteShout 2.0 app allows you to track buses from your mobile device and Google Transit syncs with GMT routes and schedule to make catching the bus easier than ever. All buses including the Link Express are FREE with CatCard ID. There are also 10-ride and monthly passes available for discounted fares. General information and questions: 802-864-2282

## **Trains**

[Amtrak Vermonter](#)—“Daily service between Washington D.C. and St. Albans.” Services the following cities in VT, NH, MA, CT, NY, NJ, DE, and MD: St. Albans, Essex Junction, Waterbury, Montpelier, Randolph, White River Junction, Windsor, Claremont, Bellows Falls, Brattleboro, Greenfield, Northampton, Holyoke, Windsor Locks, Hartford,, Berlin, Meriden, Wallingford, New Haven, Bridgeport, Stamford, Newark, Iselin, Trenton, Philadelphia, Wilmington, Baltimore, BWI Airport, New Carrollton, Burlington, Springfield, New York, And Washington D.C.

## **Airports**

[Burlington International Airport](#)—jetBlue, United, Delta, and porter airlines. Direct flights to Atlanta, Charlottle, Chicago, Detroit, Newark, New York (JFK and LGA), Orlando, Philadelphia, Toronto City, and Washington DC (IAD and DCA). 10-15 minute drive from downtown Burlington, VT.

[Montréal-Pierre Elliot Trudeau International Airport](#)—Approximately 30 airlines operate within Montreal’s international airport serving 100s of destinations domestically within Canada as well as destinations within the US and abroad. The airport is 1.5-2 hrs away from Burlington depending on traffic (highway and at the border). You will need a passport to cross the border and utilize the airport, but it is often a cheaper option than Burlington International Airport especially when traveling abroad.

<http://www.admtl.com/en/flights/airlines>

## **Parking Rates**

As of November 1, 2014, the following rates and parking changes went into effect:

**METERS** (applies to downtown core only. For a map of the core, click [here](#))

- Nearly 300 smart meters in the downtown core take credit cards and coins
- Smart meters are \$1.50/hour all day, Mon-Sat
- Smart meters have no time limits
- Smart meters are enforced until 10pm, Mon-Sat to reduce congestion in the core

- 5 parking kiosks were installed on Main St. between Church St. and South Winooski Ave.
- Parking kiosks were installed in the parking lot at Main St. and South Winooski Ave.
- Parking kiosk rates and enforcement hours are the same as smart meters
- Rates, enforcement hours and technology did not change outside the downtown core – if you would like free parking after 6pm, you may park at any on-street space outside the downtown core
- Parking is still FREE on Sundays and holidays

## GARAGES

- The first 2 hours are still FREE in City garages (Marketplace Garage, College St. Garage, and Lakeview Garage)
- Parking is still FREE on Sundays
- Garage enhancements underway
- Investment in cleaner garages and more security

### Marketplace Garage

- Check out the new [HOURLY RATES](#)
- Daily rate increased to \$10
- Coming soon: automated lane that accepts credit cards or your 2hr FREE ticket

### Lakeview and College Street Garages

- Check out the new [HOURLY RATES](#)
- Daily rate remains \$8
- Garage leases went up by \$5/month

## MONTHLY LEASES

Monthly leases are available at the Lakeview and College Street Garages. Monthly cards will allow entrance and exit at these two garages only. Leases are also available at the parking lot on Elmwood Avenue.

## RATES

5-day monthly lease, Mon-Fri: \$80

6-day monthly lease, Mon-Sat: \$96

Elmwood Avenue lot: \$55

For this information and more, please visit <http://parkburlington.com/>

## Residency and Vehicle Registration

Information on establishing residency\* in Vermont: <http://dmv.vermont.gov/licenses/identity-documents/vermont-residency>

Within 30 days of establishing residency, drivers must obtain a Vermont Operator's License. Find locations of DMV offices here: <http://dmv.vermont.gov/locations>

\*Please note that establishing residency in order to obtain Vermont vehicle registration does not necessarily make one eligible for receiving “in-state tuition.” There is a separate process to determine in-state eligibility found here: [Application for In-State Status](#)

## Local Laws to be familiar with

**Bike Laws and Rules of the Road**— [http://www.localmotion.org/rules\\_of\\_the\\_road](http://www.localmotion.org/rules_of_the_road)

**Hands Free Driving**— it is illegal in the state of Vermont for drivers to use a portable electronic device while operating a motor vehicle on a public highway including while the vehicle is stationary. It is illegal for drivers to read or send messages while driving. 1<sup>st</sup> offense fines \$100-200 and 2<sup>nd</sup> offense fines \$250-500

**Right of Way**—Drivers must yield the right of way to any state, city or town maintenance vehicle working on a highway including snowplows, tow and repair vehicles with lights flashing.

**Pedestrians**—When traffic-control signals are not in place or not in operation or do not provide an exclusive pedestrian walk phase, the driver of a vehicle shall yield the right-of-way, slowing down or stopping if need be to so yield, to a pedestrian crossing the roadway within a crosswalk<sup>2</sup>

**Pets**—anywhere within Burlington, owners must pick up dog poop. Fines of \$50-\$500

**Recreational Marijuana**—As of May 2017, a Vermont bill to legalize possession of small amounts of marijuana and marijuana plants for adults age 21 and older was approved in the Vermont House of Representatives and previously passed by the State Senate. It is now in route to GOP Governor Phil Scott. **TBD 2018**

- **Story Here:** <http://www.burlingtonfreepress.com/story/news/politics/2017/05/10/vt-legislature-vote-marijuana-compromise-bill/101424594/>

**Open Container**-- Any person who possesses an open container of alcohol on any street, sidewalk, city parking facility, or any other public place is in violation of city ordinance.<sup>3</sup>

**Selling Alcohol without a license**-- It is unlawful for any person to sell, in any quantity, without acquiring a liquor license. If you sell alcohol at or charge admission to a party, the person accepting the money could be charged with selling liquor without a license. Sentences for this violation involve up to two years in prison and/or fines of up to \$1000. If alcohol is served to a minor, the server could also be charged with furnishing alcohol to a minor.

**Driving Under the Influence**--The legal blood alcohol content (BAC) limit for a DUI is .08. For those who are under 21, the legal limit is .02. Consequences for driving under the influence include: fines, license revocation, classes, community service, jail time, and misdemeanor or felony charges on one's record.

## Noise Ordinances

- “Unreasonable levels of noise” are prohibited 24 hrs a day
- 10 pm-7 am are Burlington City Council designated quiet hours.

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<sup>2</sup> <https://www.codepublishing.com/VT/Burlington/>

<sup>3</sup> [http://www.uvm.edu/oscr/pdfs/OCLG2017\\_ONLINE.pdf](http://www.uvm.edu/oscr/pdfs/OCLG2017_ONLINE.pdf)



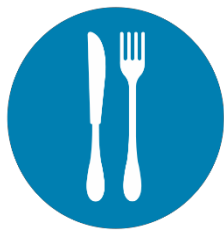
- Fines up to \$500 may be incurred with violation of local ordinance Two noise tickets in one year and third offense is a criminal charge
- Burlington specifically—everyone on the lease will be ticketed if a noise violation is incurred at the residence as a result of a “social event” (gathering in which one or more of the people present is not a resident of the premises) even if everyone on the lease is not present. Tickets can range up to \$500 per person.
- Noise tickets may be managed via City Attorney’s office or the Community Justice Center’s Restorative Noise Program
  - Link: [Burlington’s Restorative Noise Program](#)

## Miscellaneous

Discharging fireworks within the city limits of Burlington is illegal. Outside of Burlington, please check with local police before using fireworks.

Public urination is in violation with local ordinances and can incur a fine up to charges of sexual misconduct and registration as a sex offender.

It is illegal to steal or receive stolen property of any kind including street signs.



## Gastronomy

Vermont is known for many things one being it’s culinary experiences. Each year Seven Days publishes a guide to dining and drinking in the various counties of Vermont known as Seven Nights. The guide is the most comprehensive I’ve personally come across; thus, we will work smarter and not

harder, give Seven Days all the credit and provide access to it here.

<https://issuu.com/7days/docs/7nights-2017-18>



## Entertainment and Notable Attractions

[Burlington Discover Jazz Festival](#)—10 daylong event featuring live performances showcasing Vermont and regional jazz artists including students. Performances take place on numerous stages throughout the city

including at the Waterfront and in nightly showcases in various restaurants.

[Vermont International Film Festival](#)—non-profit organization that seeks to “enrich the community and bring the world to Vermont through film.” Annual fall event includes a variety of cinematic arts and opportunities to interact with the filmmakers.

[Clemmons Family Farm](#)—One of the largest African American owned farms in Vermont. “148 acre property focused on celebrating African American heritage, arts and sciences, and multiculturalism.” A piece of true Vermont history owned by Lydia and Jack Clemmons since 1962. Plans are currently underway to transform the space into an African American Heritage and

Multicultural Center and in the meantime, the property hosts various events to “foster a loving and dynamic multicultural community”.

**Great Vermont Corn Maze**—“A top 10 maze in America” and the largest maze in New England. 24-Acre maze design located in Danville, VT. Open 7 days a week weather permitting. Recommended for healthy adults in “mid-twenties to early 60s as well as adults with young children.” Separate maze experience is available for children and those individuals with health concerns.

**Woodchuck Cidery Music Festival/Ciderstock**—annual cider and music festival hosted at the Woodchuck Cidery in Middlebury, VT. Hosts live music, cider vendors and food trucks. Former live acts have included The Roots, Caroline Rose, Dr. Dog, Kat Wright and the Indomitable Soul Band and Madalia.

**Henry Sheldon Museum of Vermont History**—“Oldest community based Museum in the country. Preserves the historic memory of Addison County and neighboring communities as well as stimulating the study of connections between Vermont’s past and broader historical themes.” Open year round with the exception of a few weeks in the winter.

**Shelburne Vineyard**—art winery and tasting room located in Shelburne, VT. Open 7 days a week all year. Hosts many events throughout the year including Bluegrass and BBQ featuring live music and food trucks Friday evenings during the summer months.

**Shelburne Farms**—local nonprofit and working farm that teaches visitors about sustainable living, agricultural, environmental, and cultural topics. Numerous events are hosted at the Farms throughout the year as well as an annual Educating for Sustainability Summer Institute for Educators.

**All Area Farmers’ Markets**—“*Burlington offers the second best farmers market in the nation every Saturday 8:30 -2. Produce, prepared foods and crafts are sold at the market. There are many smaller markets throughout the week, April--October.*” —MS2, Class of 2020

**Winooski:** Sunday 10a-2p

**Old North End:** Tuesday 3-6:30p

**Shelburne:** Saturday 9a-1p

**UVM Med Center:** Thursday 2:30-5p

## Hot Air Balloon Festivals

- **Stowe**—The Stoweflake Hot Air Balloon Festival takes place at Stoweflake Mountain Resort and Spa in Stowe, VT. This three day event includes kids’ activities, games, food, and a beer and wine garden as well as the opportunity to purchase personal hot air balloon rides.
- **Quechee**—Located in the Upper Valley of Vermont and New Hampshire, the Quechee Hot Air Balloon, Craft and Music Festival is the “longest running hot air balloon festival in New England.” This two day annual event includes music, entertainment, and numerous artisan and commercial vendors.

[Float-a-Palooza](#)—annual fundraiser for the Burlington Chill Foundation, a local nonprofit that “works with youth from low-income communities, juvenile justice, mental health, drug treatment, transitional housing, foster care and after school programs”. This one day summer event takes place in Richmond, VT on the Winooski River where participants can float down the river using tubes either individually or lashed together with friends.