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DISCLAIMER: All views expressed in this document are opinions of the listed contributors. They are not views or opinions of the University of Miami or the Miller School of Medicine. All figures presented were accurate to the best of our knowledge at the time of publication; however, they are subject to change. No financial compensation of any kind was received.
Dear Class of 2022,

Congratulations and welcome to the UM family! You will soon be joining an incredible group of students and faculty to officially begin your four year journey to become a physician. In hopes of making the first chapter of this journey a little smoother, a group of students from the class of 2013 created The BEAT to make sure you don’t miss a beat! Since then, the first-year classes have found this to be an invaluable resource, and we have updated it for your use. All of the information provided is written by students and is simply a collection of our suggestions and advice; it should by no means be accepted as law. We encourage you to use this information as a starting point for your own exploration.

Sincerely,

Joeli Roth and Samantha Spring
Your Class of 2021 Student Government Representatives
KEY FACULTY MEMBERS

Deans of Medical Education

Alex J. Mechaber, MD, FACP
Senior Associate Dean for Undergraduate Medical Education
Bernard J. Fogel Chair of Medical Education
Professor of Medicine, RMSB 2099
Dr. Mr. Mechaber oversees all medical student programs, curriculum, and competency assessments on both UMMSM campuses. Dr. Mechaber’s academic focus includes clinical skills education, competency-based education, and professionalism. He also gives lectures through Doctoring courses and teaches in the GPC clerkship.

Ana Campo, MD
Associate Dean for Student Affairs, RMSB 2102
Dr. Campo oversees many of the administrative aspects of the medical education programs including enrollment, grades, records, promotions, discipline, and institutional compliance.

Hilit Mechaber, MD
Associate Dean for Student Services, RMSB 2155
When you have a problem and don’t know what to do or where to go, Dr. Mrs. Mechaber can help you! She oversees many student support services, including academic and personal counseling, as well as student health services.

Richard L. Riley, PhD
Associate Dean for Preclinical Curriculum, MD/MPH Program Curriculum Director, RMSB 2111
Dr. Riley has major roles in both the MD and MD/MPH programs, such as overseeing the MD/MPH curriculum, coordinating the MD Host Defenses and Human Pathogens Module, and teaching Immunology classes for both!

Richard Weisman, PharmD
Associate Dean for Admissions, RMSB 1143
You’ll recognize Dr. Weisman from interview day, and as the signature on your acceptance letter! You’ll be spotting his smiling face all over campus throughout the year!
KEY FACULTY MEMBERS

Deans of Medical Education

Paul E. Mendez, MD
- Associate Dean for Clinical Curriculum, RMSB 2151
Dr. Mendez is an integral part of the Doctoring and clinical programs, and you will get to know him better in second & third year.

Chris R. Alabiad, MD
- Assistant Dean for Student Affairs
Dr. Alabiad is new to the position, but if you are interested in Ophtho, he's your guy!

Marie D. Gervais, MD
- Assistant Dean for Admissions and Diversity
You interacted with her during your interview days!

Amar Deshpande, MD
- Assistant Dean for Medical Education and Competency Assessment
- DOCS Faculty Mentor
He is also in charge of DOCS and you will get to know him well in the GI module.

Roderick King, MD, MPH
- Professor/Director
Department of Public Health Sciences, Division of Epidemiology & Population Health Sciences

Stephen Symes, MD
- Assistant Dean for Diversity and Multicultural Affairs
**KEY FACULTY MEMBERS**

Deans of the Regional Campus

- **Daniel M. Lichtstein, MD**
  Regional Dean for Medical Education

- **Julia Belkowitz, MD**
  Assistant Regional Dean for Student Affairs

- **Gauri Agarwal, MD**
  Associate Regional Dean for Medical Curriculum

- **Amy R. Zito, MD**
  Assistant Regional Dean for Student Services

Other Important Faculty to Know

- **Jay M. Sosenko, MD, MS**
  MD/MPH Program
  IPC/PS Director
  RMSB 2111

- **Mark A. Gelbard, MD**
  MD/MPH Program and PBL Director
  Residency Program Director
  RMSB 2111

- **Sandra Lemmon, PhD**
  MD/PhD Program Director
  RMSB 6165

- **Dr. Meaghan McNulty, MD**
  Dr. McNulty is in charge of the Introduction to the Medical Profession course and Physicianship
Being a UM Med Student

MD Program Overview

The MD Program hits the ground running on day 1, so expect to devote all of your time to your studies during the Human Structure module. Student organizations and interest groups are not even available for you to join until after this module.

### Core Modules (First Year - 1st Semester)

<table>
<thead>
<tr>
<th>Module</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Human Structure (Embryology, Histology, &amp; Gross Anatomy)</td>
<td>8 Weeks</td>
</tr>
<tr>
<td>Molecular Basis of Life (Molecular Genetics &amp; Biochemistry)</td>
<td>4 Weeks</td>
</tr>
<tr>
<td>Host Defenses, Pathogens, and Pathology (HDPP)</td>
<td>6 Weeks</td>
</tr>
<tr>
<td>Immunology and Microbiology, Introduction to Pathology</td>
<td></td>
</tr>
<tr>
<td><strong>Core Science/Integrated Organ System Modules (First Year - 2nd Semester)</strong></td>
<td></td>
</tr>
<tr>
<td>Cellular Function and Regulation (Cellular Biophysics and Introduction to Pharmacology)</td>
<td>4 Weeks</td>
</tr>
<tr>
<td>Cardiovascular System</td>
<td>8 Weeks</td>
</tr>
<tr>
<td>Neuroscience and Behavioral Science</td>
<td>8 Weeks</td>
</tr>
<tr>
<td><strong>SUMMER BREAK</strong></td>
<td>6 Weeks</td>
</tr>
</tbody>
</table>

**Your New Schedule as a Medical Student**

Some days are packed full of lectures and mandatory sessions and other days are light with few classes and obligations. As you may have heard, nearly all of our lectures are recorded and uploaded to Panopto for your at-home viewing pleasure. Therefore, your schedule is completely in your hands! You can be involved in extracurricular activities during class time and catch up the day's lectures in the evening. It will take some time to figure out what works best for you. Here is a snapshot of the first week of medical school!
Continued

- **Mededu.miami.edu** → MedEdu is our hub where we check our class schedule for the entire year.
- **E-Value** → Closer to the start of the school year, you will get access to E-Value which you can use to sync your schedule to your personal calendar and submit course evaluations after each module.
- **Blackboard** → Blackboard is where you can find your lecture notes and syllabi for each module.
- **Panopto** → You can use Panopto to view all of the recorded lectures.
- **Doctoring I & II** are your longitudinal courses that run throughout the first year. Doctoring includes training sessions where you will be practicing history taking and the physical examination, developing some of the key characteristics of a good physician, and having inpatient practice in the hospitals led by upperclassmen.
- You will begin your Community Preceptorship in late Fall, where you will be assigned to a local physician around Miami to visit a couple times during the semester with another classmate. At your preceptor visits, you will get to practice, improve, and refine your Doctoring skills while seeing actual patients.
Being a UM Med Student
MD/MPH Program Overview

PBL: Each week you will have 3 PBL sessions where you meet with your small group and facilitator and work through clinical case scenarios together. Group members will rotate and you will eventually get to work with all of your classmates, helping you learn to work as a team with all different types of personalities! You will also be sharpening your presentation skills, as you will be teaching your group members about a certain Learning Objective every other session! Once a case is completed, there is a Case Wrap-Up Session to review your understanding of the important concepts.

Public Health: See chart for the MPH course curriculum. Classes during the school year will meet once a week.

Anatomy: Your anatomy course lasts throughout the year, with one dissection each week and one group presentation, which is usually scheduled on Thursday afternoons.

Integrated Patient Care: Once a week, you will be visiting various community clinical sites as part of your Community and Public Health Practicum, or visiting your assigned community preceptor during this block where you will be able to see patients and practice your doctoring skills. At the end of a block of these site rotations, there is a Seminar session to review your experiences and community health discussion topics.

Physicianship Skills: Similar to the MD Doctoring course, you will learn the patient interview, bedside manner, the physical exam, communication skills, and also learn about other important topics in medicine, and then break off into small groups for discussion or meet with your academic societies to practice the physical exam. Every other week you will have a second small group meeting with your Learning Community to discuss certain issues in medicine.

After the summer public health courses, your medical curriculum begins with a 3-week-long Introduction to the Medical Profession course... but don’t be caught off guard when the FBS 1 core sciences start quickly after.
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 - 10:00 AM</td>
<td>Lecture Orientation to Communication Skills Practice 506 Neuroscience and Behavioral Sciences University of Miami-Miller</td>
</tr>
<tr>
<td>10:00 - 11:00 AM</td>
<td>Lecture Spinal Cord, Spinal Nerves Thomas Champney 5th Floor Auditorium (UM)</td>
</tr>
<tr>
<td>11:00 - 12:00 PM</td>
<td>Lecture <strong>MANDATORY LECTURE:</strong> Orientation to Communication Skills Practice 506 Neuroscience and Behavioral Sciences University of Miami-Miller</td>
</tr>
<tr>
<td>1:00 - 2:00 PM</td>
<td>Lecture 2: Lecture Clinical Approach to Pain Konstantinos Sarantis 506 Neuroscience and Behavioral Sciences University of Miami-Miller</td>
</tr>
<tr>
<td>9:00 - 10:00 AM</td>
<td>Lecture Midbrain, Thomas Champney 5th Floor Auditorium (UM)</td>
</tr>
<tr>
<td>10:00 - 11:00 AM</td>
<td>Lecture Forebrain, Thomas Champney 5th Floor Auditorium (UM)</td>
</tr>
<tr>
<td>11:00 - 12:00 PM</td>
<td>Lecture Cerebellum Thomas Champney 5th Floor Auditorium (UM)</td>
</tr>
<tr>
<td>1:00 - 5:00 PM</td>
<td>Lecture Communication Skills Practice 506 Neuroscience and Behavioral Sciences University of Miami-Miller</td>
</tr>
</tbody>
</table>

MD/MPH Class of 2021 During Pinning Ceremony
Being a UM Med Student

Surviving anatomy

Lab Time With Your TAs

Along with instruction from Dr. Champney, your anatomy professor, you will have a team of 23 brilliant MS2 Teaching Assistants to guide you through all of your dissections and presentations in the lab. The TAs are available for extra help sessions and will organize several TA reviews including practice practical exams before every test.

• 70% of the Class of 2021 preferred the “Atlas of Human Anatomy” By Frank H. Netter MD as their go-to reference.

• Also highly recommended is BRS Gross Anatomy, especially for its clinical correlates and practice questions!

Supplies

1. *Cheap lab coat (not embroidered)
2. *Dissection kit
3. 2-3 cheap pairs of scrubs (any kind or color)
4. Old sneakers or closed-toed shoes

There will be a sale of these used discounted items by the Class of 2021. Majority of students purchase items through this method! You will also need to purchase a lock for your assigned locker.

“Color Groups”

Each student does not perform every dissection, but instead, you will be assigned to a color group and rotate through the dissections. The MD program has 3 different colors groups (perform every 3rd dissection) and the MD/MPH program has 2 color groups (perform every other dissection). Each dissection, you will work with your assigned lab group of 3-4 students within your color group.

“Learn One, Do One, Teach One.” For each dissection that you do, you will be presenting that material to the color groups that did not do that dissection. It’s a great way to solidify your understanding of the material, because you have to really know it to teach it, and your peers are relying on you.
Being a UM Med Student
THE TO-DO LIST

1) **Anatomy Supplies** *(See the “Surviving Anatomy” page)*

2) **Parking** *(See the “Parking & Transportation” page to find out more)*
   If you plan on parking on campus, contact or visit the Parking Office to request a parking permit: [http://ummcsd.med.miami.edu/SECURITY/parking.htm](http://ummcsd.med.miami.edu/SECURITY/parking.htm)

3) **Computer Issues & Free Software!**
   - For internet problems or to configure your smartphone for easy access to the network, visit the Med IT Office at 1051 NW 14th St #165. Once you have Medical network ID and password set up, you can download FREE software (Microsoft Office, Adobe Acrobat Pro…and more!) by visiting: [http://it.med.miami.edu/x717.xml](http://it.med.miami.edu/x717.xml)

4) **Your White Coat**
   - This is your CLINICAL white coat, **NOT** your anatomy lab coat
   - Visit Life Uniform at 1140 NW 16th St Miami FL 33136, located in the Park Plaza West Garage (in the hallway near Burger King) to be fitted and order your coat
   - Cost: $35 - 50 for the coat + Embroidery fee (~$20)
   - Note: You can only get your coat embroidered with the UMMSM logo if you buy your coat from Life Uniform
   - Turnaround time should be about 2 weeks, but it may take longer due to the amount of orders made at that time. You must have your coat by the first doctoring session.

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**FAQ: Do I have to buy a stethoscope prior to starting classes?**

You actually do not have to buy your own stethoscope! Due to the generosity of the Miller SOM Alumni Association, incoming students are given brand new stethoscopes as a welcome gift!*

* If you want to purchase your own, the Class of 2018 recommends the 3M Littman Classic III – purchasable on Amazon or at “Life Uniform”

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Sebastian leading the Alma Mater at the Class of 2020 Pinning Ceremony
Parking & Transportation

Parking and Security Office (visit to purchase both parking and Metrorail passes)
Hours of Operation:
Monday—Friday 9:00 AM—5:00 PM
Phone: (305) 243-6280, Ext. 2 or Email: Umparking@med.miami.edu
Location: Dominion Parking Garage 1051 NW 14 th St., Suite 145 Red Circle

Cost for 15 th Street Garage (where most students park):
$60/month (can buy 3 mos in advance)
Cost for Metrorail Pass: $56.25/month (Metrorail passes for the upcoming month are available starting on the last 4 days of the month prior, through the 4 th day of the month you wish to buy the pass for)
Note: Must pay in CASH or CHECK
**If you need to drive to campus on occasion, you can purchase daily parking passes at the Parking Office.

Instead of an unlimited monthly pass, you can get a discounted metro pay per use pass for $1.10/trip by taking your proof of enrollment certificate to the Tri-Rail metro station.

Taking the Metrorail
Many students who live in Brickell, Coconut Grove, and Downtown take the Metrorail to school. It is typically a 10-minute ride. The metro is safe; however be smart while riding both during the day and especially at night.

From Brickell: Take the Northbound metro at the Brickell metro stop located on 1 st Ave between 10 th St. and 12 th St. and get off at the Civic Center, which is right next to campus.
From Downtown: Take the Northbound metro at Government Center and get off at the Civic Center stop, which is right next to campus.

*If you have a smartphone check out the free Transit Tracker App. Search “Miami Dade Transit Tracker”.

Note: The City of Miami offers FREE Trolley service through the Health and Stadium District running approximately every 15 minutes from 6:30 am to 11 pm, Monday through Saturday. Check online for operation times and routes at: http://www.miamigov.com/trolley/information.html
There are 15 Academic Societies, all named after icons in the field of medicine. Upon entering first year, you are assigned *randomly* to a society (think Hogwarts) which will have around 12 people from your class. With your society, you will go through your doctoring trainings facilitated by experienced upperclassmen, take trips to the ER to talk to and perform physical exams on patients, and take tests together. You will also have many society sponsored events for which you can earn points! At the end of the year, the society with the most points will be the winner of the UM Spirit Stick! Competition is fierce but it is an exciting part of the curriculum here at Miller.

Check out the Academic Societies Website for more info on events and trainings.

http://as.mededu.miami.edu/
Student Activities

One of the great aspects of UM is the fact that it offers a wide range of extracurricular activities that students have the opportunity to get involved in. From clinics and health fairs that allow you to apply the knowledge and skills you learn in class on real-life patients, to organizations that allow you to explore multiple interests, there is an activity for everyone.

**DEPARTMENT OF COMMUNITY SERVICE (DOCS)**

DOCS is a non-profit organization run by students that helps bring access to healthcare to populations that are underserved. It does so by holding multiple health fairs throughout the year and through its two clinics at San Juan Bosco and Lotus House that are open weekly. Students are encouraged to volunteer at both the fairs and clinics. To learn more about DOCS please visit: http://umdocs.mededu.miami.edu/

Use the following link for a local news feature on the DOCS health fairs: http://sg.mededu.miami.edu/?p=1458

DOCS team celebrates after successful Health Fair!
Student Activities

86% OF THE CLASS OF 2021 ARE PART OF AN ON-CAMPUS ORGANIZATION

Student organizations are not available to join until you are finished with Anatomy. There will be a fair for you to go around and see which organizations and clubs are available for you to join or run for a leadership position! These include but are not limited to:

1. Student Government
2. Office of Student Representatives
3. Specialty Interest Groups (SIPS (plastic surgery), DIG (Dermatology), AMWA pictured below, etc)
4. MedicOut (LGBTQ Association)
5. MedIBIS (Student run research magazine)

DISCLAIMER:
This is in no way a complete list of the organizations available! This is just to provide you with an idea of the many different options at your disposal. Can’t find any you like? Feel free to come up with an idea and start your own group!
MEDICAL WELLNESS CENTER
http://wellness.med.miami.edu/
Phone: (305) 243-7600
Location: Clinical Research Building (CRB) (9th Floor)
1120 NW 14th Street
Hours of Operation:

- Monday to Thursday: 5:00 AM to 9:00 PM
- Friday: 5:00 AM to 7:00 PM
- Saturday: 8:30 AM to 2:00 PM
- Sunday: CLOSED

With payment of the “Wellness Fee” in tuition, all medical students get access. Use your lunch hour or make a trip after classes and get in your workout routine. The two-floor facility features an extensive weight area, a number of treadmill and cardio machines, and classes of all types.

SCHONINGER RESEARCH QUADRANGLE
Location: The big patch of grass in between the research buildings: Batchelor Children's Research Institute, Lois Pope LIFE Center, and Diabetes Research Institute.

SHOPS OF CIVICA
A mini-mall is nearly complete in the area with shops, stores and several food options including Smoothie King, Salsa Fiesta, Dunkin' Donuts, and Jimmy John’s.
DAUER STUDENT LOUNGE

Location: Rosenstiel Medical Science Building (RMSB, 2nd Floor)

The ultimate hangout spot. At any time of the day, you will find students in there. It is a great place to socialize with students from other class years. Many student events also take place here! Take a quick nap, watch the latest SportsCenter, or heat up and eat your lunch. The student lounge features the following:

- 2 ping pong tables
- Pool table and Foosball table
- 60” Flat Screen TV
- New Couches
- Piano
- Microwaves/Refrigerators/Keurig
- Vending machines

STUDY AREAS

Calder Library + Starbucks

Monday to Thursday: 7:30AM – 12AM
Friday: 7:30AM - 8 PM
Saturday: 8AM – 8PM
Sunday: 12PM – 12AM

- Public computers available on 1st/2nd floors
- Several large study rooms on 1st floor
- Individual study desks throughout
- Relaxation room on 2nd floor
- Food permitted!

Rosenstiel Medical Science Building (RMSB)
- GEM rooms (2nd Floor)
- 5th Floor Labs (Society Rooms)
- 3rd or 5th Floor Auditoriums
- 2nd Floor Computer Lab
Campus Eats

**Au Bon Pain★★★★ ($)**
Category: Sandwiches
Location: Park Plaza East
Hours of Operation:
* Mon—Fri 6:00 AM—8:00 PM
* Sat 7:00 AM—4:00 PM

**Einstein Bros. Bagels ★★★ ($$)**
Category: Breakfast, Sandwiches
Location: Park Plaza East
Hours of Operation:
* Mon—Fri: 8:00 AM—10:00 PM

**Moe’s ★★★ ($)**
Category: Southwestern
Location: Bascom Palmer Garage
Hours of Operation:
* 10:00 AM—10:00 PM

**Dunkin Donuts ★★ ($)**
Category: Coffee
Location: Park Plaza East
Hours of Operation:
* Open 24hrs a day, 7 days a week

**Panera Bread ★★★ ($$$)**
Category: Soups, Sandwiches, Bagels
Location: Park Plaza West
Hours of Operation:
* 5:00 AM—9:00 PM

**Gilbert’s Bakery ★★★ ($$$)**
Category: Soups, Sandwiches, Coffee
Location: Dominion Plaza
Hours of Operation:
* 7:30 AM—3:30 PM

**Starbucks ★★★ ($$)**
Category: Coffee and Snacks
Two Location:
* Calder Library
* Park Plaza East
Hours of Operation:
* Mon—Fri: 7:00 AM—6:00 PM
* Park Plaza East
Hours of Operation:
* 24 hours a day, 7 days a week

**Chicken Kitchen ★★★ ($)**
Category: Chicken
Location: Dominion Plaza
Hours of Operation:
* Mon—Fri: 11:00 AM—3:00 PM

**Manger Creole ★★★ ($$)**
Category: Haitian Cuisine
Location: Dominion Plaza
Hours of Operation:
* Mon—Fri: 8:00 AM—8 PM

**Subway ★★★ ($)**
Category: Sandwiches
Two Locations
* Dominion Plaza -
* Ryder Trauma Center -
Hours of Operation:
* Mon—Fri: 7:00 AM—7:00PM
* 24 hours a day, 7 days a week

**Burger King ★★★ ($)**
Category: Fast Food/ Burgers
Location: Park Plaza West
Hours of Operation:
* 6:00 AM—12:00 AM

**Pollo Tropical ★★★ ($)**
Category: Latin food
Location: Park Plaza West
Hours of Operation:
* 10:00 AM—6:00 PM
Campus Eats

Jackson Memorial Hospital Cafeteria ✽ ✽ ($$)

Located on the 1st floor of Jackson Hospital. Here you can find hearty, filling food made with lots of love. A big step up from the Salisbury Steak and mixed veggies from elementary school. There’s tons of variety and food from all different cultures, it’s like spending a day in Epcot!

Hours of Operation: Monday--Sunday
Breakfast: 6:00 AM—10:00 AM
Lunch: 10:45 AM—3:00 PM (Cafe is open from 3 - 4 p.m.)
Dinner: 4:00 PM—8:00 PM

Central Table Café ✽ ✽ ✽ ($$)

Located on the 9th floor of the Wellness Center. Offers a dynamic, seasonal, and fresh menu. Their healthy menu features grain bowls, salads, wraps, smoothies, frozen yogurt, and more.

Hours of Operation: Monday—Friday
7:00 AM—7:00 PM

University of Miami Hospital Cafeteria ✽ ✽ ($) 

Located on 12th St, across from the metro stop (on the first floor in the West Building). If you’re in the mood for some excellent freshly cooked food, you should definitely stop by. Oh, and by the way, did we mention that you get 40% off with your UM id badge if you pay with cash?!

Hours of Operation: Monday—Sunday:
Continental Breakfast: 6:30 AM – 7:30 AM
Breakfast: 7:00 AM – 10:00 AM
Lunch: 11:00 AM – 3:30 PM
Dinner: 4:30 PM – 6:30 PM
Shops of Civica Plaza

Salsa Fiesta ★★★★ ($$)
Located on 14th St, near the CRB (first floor next to Jimmy Johns). If you’re in the mood for some amazing freshly cooked Mexican food, come on down!

Hours of Operation
Sunday: 12 – 9PM
Monday – Saturday: 11AM – 10PM

Jimmy John’s ★★★ ($$)
Located on 14th St, near the CRB (first floor next to Salsa Fiesta). Counter-serve chain specializing in sub & club sandwiches, plus signature potato chips. A must have if you gotta have a sub.

Hours of Operation
Monday – Sunday: 11AM – 9PM

Dunkin’ Donuts ★★ ($)  
Located on 14th St, near the CRB (first floor next to Jimmy John’s). Coffee and donuts…cheap food and fast service! Medical Students run on Dunkin.

Hours of Operation
Monday – Sunday: 5AM – 9PM

Smoothie King ★★★★★ ($$$)
Located on 14th St, near the CRB (first floor next to Salsa Fiesta). Health-conscious chain featuring blended drinks in varied flavors, nutritional products & snacks.

Hours of Operation
Monday – Friday: 7AM – 9PM
Saturday: 9AM – 9PM
Sunday: 11AM – 7PM

7-Eleven ★★ ($)
Located on 14th St, near the CRB (first floor next to Salsa Fiesta). If nothing above peaks your interest, y’all can always get your Slurpee on.

NEW: Jackson Hall
Located on second floor of the same complex all these other places have been. Opening Spring of 2018
LIBRARIES
http://www.miami.edu/index.php/libraries/
There are many libraries on the undergraduate campus, and as medical students, we have access to all of them simply with a swipe of our student IDs. Library hours can be accessed via the link above.

- Otto G. Richter Library (Main)
  • Pros: filled with desktops (both PC and Apple), quiet Stacks floors, color printers/copiers/scanners, Starbucks, open 24/7 during undergrad finals
  • Cons: Somewhat noisy first floor
  • Hours of operation:
    • Mon-Thurs: 7:30 AM—2:00 AM
    • Friday: 7:30 AM—10:00 PM
    • Saturday: 9:00 AM—10:00 PM
    • Sunday: 9:00 PM—2:00 AM
- Shalala Student Center
  • Pros: Open 24 hours, Starbucks, printer
  • Cons: Limited Space during peak study times
- University of Miami Law Library
  • Pros: Located next to Einstein’s, very quiet
  • Cons: No desktop computers, lots of people, law students

PRINTING
Every student has $130.00 per year to use for printing at either the medical campus or the undergraduate campus.
To access it, you just need to swipe your CaneID at any printer on campus.
  Black & white pages: $0.05  Color pages: $0.10

PATTI AND ALLEN HERBERT WELLNESS CENTER
http://www.miami.edu/wellness
Phone: (305) 284-8500
Location: 1241 Dickinson Dr., Coral Gables, FL 33146
- Fitness, Recreation, and Wellness facility
- Newly renovated in 2011
- Plenty of all your favorite gym necessities
- Convertible indoor basketball/volleyball courts, Pilates studio, Racquetball courts, jogging/walking track, pool for laps or water aerobics, two saunas, spa, spinning studio
- Outdoor IM playing fields, tennis courts, basketball courts
- Group exercise classes (may require add’l fees)

GO MED!
All seasonal intramural sports are played at undergrad. Get your classmates together and have fun!

SO YOU KNOW...
Parking is only free in some lots after 4 PM on weekdays. Check signs denoting enforcement policies. Parking is free in some lots all day on weekends.
Donna Shalala Student Center
Opened in August of 2013, the SSC features:
• An extended-hours combination study and lounge space.
• 10,000 sq ft Student Organizations Suite of offices for student groups, conference room and workspace
• A large multipurpose room adaptable for banquets, lectures, or dance practices
• Lounge areas
• A fully equipped media center
• Starbucks, and a new Rathskeller - a student-run restaurant/bar on campus!

LOWE ART MUSEUM
The Lowe Art Museum harvests art from all over the world, both contemporary and ancient. The Lowe Art Museum is also home to several special events. The first Thursday of every month the museum hosts The Lowe Down, for a $10 entrance fee you get to wander the museum after hours while enjoying cocktails and hors d’oeuvres.

BILL COSFORD CINEMA
This theatre shows contemporary, classic and foreign films in widescreen format, and hosts lectures from renowned actors and directors, including stars Leonardo Dicaprio and Mark Ruffalo. Tickets are free for all currently enrolled students.

UNIVERSITY CENTER
The University Center (UC) offers students two spacious lounge areas where they can relax. Located in the University Center are ATM machines, new Nap Pods, the University Credit Union, The Launchpad, Copy Center, Food Court, swimming pool, Post Office, Ticketmaster, Bookstore, and Dining Services. One of the most important services found in the University Center is the Information Desk, with answers to questions about UM as well as South Florida events and activities.
*The bookstore is a great place to buy UM apparel, but unfortunately, they do not sell medical textbooks.
Deciding Where to Live

This section of **THE BEAT** is dedicated to helping you decide where to live! The majority of incoming MS1s choose to live in Brickell due to its proximity to school and the metro station. Please see the map below of the neighborhoods of Miami for your reference as you read through this guide.

**THE NUMBERS:**
Average share in Rent= $1,150
Brickell Living

Brickell is located right in the financial district of Miami. With its high rises and towering bank buildings, Brickell has an urban feel. Its streets are constantly lit, and residents will attest that Brickell is a safe area. Although some apartments can be pricey, there are inexpensive gems located in this area perfectly fit for the young professional.

**PROS**

- Accessibility to the Metro
- Proximity to grocery stores, restaurants, etc.
- Easy to get almost anywhere in Miami

**CONS**

- Parking is difficult for guests
- Rent cost can be more expensive
- Not much green space
- A lot of construction

80% of MS1s currently living in Brickell are staying for Second Year!
LIVING/COST
- Mostly apartments and condos
- Costs increase with view, sq ft., and amenities
- Avg. rent, studio/1 bedroom: $1800-2100/mo*
- Avg. rent, 2 bedroom: $1950-2600/mo*

* Rent is for entire apartment. Splitting cost with roommates makes it much more financially viable.

POPULAR BRICKELL HOUSING

Axis Brickell
79 Southwest 12th St, Miami, FL

500 Brickell
500 Brickell Ave, Miami, FL

Camden Brickell
50 Southwest 10th St, Miami, FL

Latitude on the River
185 7th Street, Miami, FL 33130

1060 Brickell
1060 Brickell Ave Miami, FL 33130

The Ivy
90 SW 3th St, Miami, FL. 33131

The Wind
350 S Miami Avenue, Miami. FL 33130

The Mint
92 SW 3rd St., Miami, FL 33130

Brickell on the River
31 SE 5 St. Miami, FL. 33131

TRANSPORTATION
- Driving will take about 10 minutes w/o traffic, about 20 minutes with traffic
- Most buildings are within walking distance to the Metro Rail and Metromover Stations
- Metromover is free and located every few blocks
- Miami is not the most bike “friendly” city, but cycling is possible
- Check Transportation page for more details
South Beach Living

South Miami Beach is a barrier island known for its Art Deco Historic District. It offers a young and hip area with both a neighborhood and a touristy feel. South Beach is great for people watching, shopping, eating, and obviously, hitting the beach.

**PROS**
- It’s a quick commute to school (approx. 10-15 min, w/o traffic)
- The beach
- Miami Beach nightlife

**CONS**
- Parking can be difficult
- Afternoon traffic is bad
- No access to the Metro
- Spring Breakers= Nuisance

**LIVING/COST**
- Condos and apartments
- South of 5th = much more expensive
- Variable rent rates: 1 bedroom/studios start around $1700/mo; 2 be/2 ba start around $2600/mo

**WHAT’S NEARBY**
- Lots of restaurants and places to shop
- Everything you could need within walking distance
On/Near Campus

The UM Medical Campus is located in an urban area of downtown Miami. Doctors, nurses, and students of all disciplines live both on and near campus in order to reduce the stress and time that may be involved in commuting. Although living close to campus is cost-efficient, students choosing to live on or near campus have a limited selection of restaurant and nightlife options.

**PROS**
- No commute to school (aka roll out of bed in the morning)
- Cheaper rent
- Easy access to metro and interstates

**CONS**
- Not a "neighborhood" (few restaurants, bars, etc.. nearby)
- Live in the same place as school
- Not the safest area
- Farther from most classmates

<table>
<thead>
<tr>
<th>LIVING/COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Apartments/houses</td>
</tr>
<tr>
<td>- 1 bedroom: $700-1000/mo</td>
</tr>
<tr>
<td>- 24 hour security on campus</td>
</tr>
<tr>
<td>- On campus: Jackson Towers, Dominion Towers</td>
</tr>
<tr>
<td>- Near campus: most popular apartment building is Seybold Pointe</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>POPULAR ON/NEAR CAMPUS HOUSING</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dominion Tower</strong></td>
</tr>
<tr>
<td>1400 Northwest 10th Avenue # 101 Miami, FL</td>
</tr>
<tr>
<td><strong>Somerset Tower</strong></td>
</tr>
<tr>
<td>1545 Northwest 15th Road, Miami, FL</td>
</tr>
<tr>
<td><strong>Seybold Pointe</strong></td>
</tr>
<tr>
<td>816 NW 11th St, Miami FL</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>WHAT’S NEARBY</th>
</tr>
</thead>
<tbody>
<tr>
<td>- School/Hospitals</td>
</tr>
<tr>
<td>- Winn Dixie</td>
</tr>
<tr>
<td>- Medical Wellness Center</td>
</tr>
<tr>
<td>- Calder Library</td>
</tr>
<tr>
<td>- Free Train to new Miami Marlins Stadium</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>TRANSPORTATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Do not need a car, but it will make your life easier</td>
</tr>
<tr>
<td>- Parking pass included in cost of living</td>
</tr>
<tr>
<td>- Very close to the Civic Center MetroRail station – less than a 5 min walk</td>
</tr>
</tbody>
</table>
Downtown/Midtown Living

Downtown is the urban epicenter of Miami. Spanning from Bayfront Park to the Miami River, Downtown is Miami’s fastest growing area and home to cultural highlights like the American Airlines Arena, Adrienne Arsht Center for Performing Arts, and the Miami Dade Public Library. It is conveniently located 3 metro stops or a 10 minute drive from the Miller School of Medicine.

**PROS**

- Quick commute to school
- Proximity to Brickell and South Beach, I-95

**LIVING/COST**

- Recently built high rise condominiums and apartments
- Avg. rent, studio/1 bedroom: $1200-2000/mo
- Avg. rent, 2 bedroom: $1900-2400/mo

**CONS**

- Most areas are perfectly fine, but some areas are less safe
- Shops close early because it is the business district
- Up-and-coming but pretty desolate at night

**TRANSPORTATION**

- Highly dependent on specific downtown location
- Car: very helpful to get to/from school
- Average commute to medical school campus: about 10 minutes w/out traffic, about 20 minutes w/ traffic.
- Access to MetroRail and MetroMover
- Parking can be difficult to find; valet is expensive

---

**POPULAR DOWNTOWN HOUSING**

- **One Miami**
  325 S Biscayne Blvd, Miami, FL
- **Met 1**
  300 S Biscayne Blvd, Miami, FL
- **Viscayne**
  244 Biscayne Blvd & 253 NE 2nd St., Miami, FL
- **Monarc at Met3**
  201 SE 2nd Avenue, Miami, FL

**POPULAR MIDTOWN HOUSING**

- **1800 Club**
  1800 North Bayshore Drive, Miami, FL
- **25 Biscayne Park**
  250 NE 25th Street, Miami, FL
- **Opera Tower**
  1750 North Bayshore Drive, Miami, FL
- **Quantum on the Bay**
  1900 North Bayshore Drive, Miami, FL

**WHAT'S NEARBY**

- Adrienne Arsht Center, American Airlines Arena, Bayfront Park, Port of Miami
- Bayside Marketplace
- Midtown Shopping Center
- The Design District
- Wynwood Art District
- Whole Foods
Coconut Grove Living

Coconut Grove’s restaurants, shops, and open-air malls were all built to include as much of the Grove’s lush vegetation into their design. The Grove is known for being very family-oriented, but has many attractions for those who are single. This waterfront community is known for being laid-back, so you may wish to consider living in Coconut Grove if you are unaccustomed to the bustling urban high-rise way of life.

**PROS**
- Access to the Metro
- Abundance of green space and parks
- Proximity to grocery stores (Milam’s and Fresh Market), restaurants, marina, shopping, etc.
- Laid-back lifestyle

**CONS**
- Distance from school
- Lack of Nightlife
- Restaurants and services can be a little pricey

**LIVING/COST**
- Mostly houses
- Avg. rent, studio/1 bedroom: $1600-2000/mo
- Avg. rent, 2 bedroom: $1800-2400/mo

**TRANSPORTATION**
- Driving takes about 20 minutes w/o traffic, 30 minutes with traffic to get to school
- Many buildings are within walking distance to the Metro Rail
- Biking is easier in Coconut Grove compared to other areas

**POPULAR COCONUT GROVE HOUSING**

Many students living in Coconut Grove choose to rent houses. Using a realtor can help when trying to find apartments or houses since there aren’t specific apartments where students live.

**RANDOM FACTS**
- Many outdoor festivals
- Kayak and Boat rentals
- *Oldest neighborhood in Miami!*

---

![Image of Coconut Grove](image-url)
Coral Gables

Coral Gables, home to the undergrad campus of the University of Miami, offers a slightly less “big city” atmosphere than Downtown or Brickell. Between numerous restaurants, shopping hotspots, and access to undergraduate facilities, you will have no trouble finding adequate entertainment. Although the commute to school may be a little longer, housing options are more traditional.

**PROS**
- Everything you need is very easily accessible by car
- Close proximity to Coconut Grove and Sunset Place
- Many things to do in the area

**CONS**
- Farther from school
- Traffic on US-1 can be really bad, especially in the mid afternoon when schools get out
- May feel secluded since more students live in other areas

**TRANSPORTATION**
- Will most likely need a car
- Option of driving to nearest MetroRail Station, then taking train to school
- Multiple MetroRail stations along US-1

**LIVING/COST**
- Apartments, houses, townhomes
- More likely to have undergraduate neighbors
- Prices vary

**WHAT’S NEARBY**
- Undergraduate campus! (includes IM fields, libraries, wellness center)
- Sunset Place, Dadeland Mall, Merrick Park, Miracle Mile
- Everything you need: lots of restaurants, gas stations, banks, etc..
- Whole Foods! Trader Joe’s!

**OVERALL FEEL**
- Young
- Neighborhood vibe
- Safe

**POPULAR CORAL GABLES HOUSING**
Most students in Coral Gables rent houses. Others live in apartments in Sunset Place or Merrick Park. (These options typically are more expensive)
Additional Places to Consider

Some students from the Class of 2021 do not live in the places previously described, and so we feel it is important to discuss these as potential options for housing considerations.

LITTLE HAVANA

**PROS**
- Cost – very affordable
- Avoid some traffic
- Latin Cultural Hub
- Great restaurants
- Can dissociate yourself from school

**CONS**
- Requires Commute
- Other students not in close proximity
- Longer commute
- Can feel unsafe to walk at night

**TRANSPORTATION**
- Students tend to own their own cars when living in Little Havana
- Public transportation possible through bus system

**What’s Nearby?**
- Calle Ocho! – Famous Cuban-esque street with its own heart and soul.

LITTLE HAITI

**PROS**
- Cost – very affordable
- Hailed as “cultural mecca” for Haitian people
- Diverse foods
- Described as quiet

**CONS**
- Requires Commute
- Other students not in close proximity
- Longer commute
- May not be as safe as other places

**TRANSPORTATION**
- Students tend to own their own cars when living in Little Haiti

**What’s Nearby?**
- Famous Caribbean Marketplace
- Close Proximity to Wynwood!
Deciding to live at home is an economical option that many medical students choose. While the perks include lunches packed with motherly love, effortless/free laundry, and not having to move everything you own halfway across town, we all know that parents can be difficult to live with, so make sure you follow our advice below.

**PROS**
- Cost
- Home cooked meals
- Less need to grocery shop
- Easy access to laundry
- Family support

**CONS**
- Potentially more distractions
- Loss of independence
- Potentially a longer commute

**LIVING/COST**
- Minimal to free!

**STUDENT ADVICE**
- Set boundaries in the beginning. This will make sure you can get your work done, have some independence, and spend time with your family without having to endure potential conflict down the road.
- It is possible for students to be as involved as they would like, even while living at home. The class Facebook group is one of the ways you can remain in the loop and not miss a beat!

**RANDOM FACTS**
- Most students said that saving money was the biggest deciding factor in living at home.

**TRANSPORTATION**
- Will likely need car to get to/from school
- Metro (if you live near one)
- Bike/Walk (if you live nearby)
- Average Length of Commute: 25-40 minutes (one way)

**QUESTIONS TO CONSIDER**
- How would you feel about the commute?
- Can you read or study in the Metro?
- Is your social life (church, friends, significant others) closer to home or to campus?
- Do you like to feel removed from school when you are not there?
- How do you feel about watching lectures from home? This is a useful resource for most students who live at home.
¡Bienvenido a Miami!
Shopping Centers

Among the many great things to do in Miami, shopping is one activity that will not disappoint! The following shopping centers are located directly off of Metro Rail stops on US-1, so it should be easy to find a great place near you!

**Brickell City Centre**
701 S Miami Ave, Miami, FL, 33130
The Brickell City Centre is a brand new outdoor shopping center in the heart of Brickell. The stores are rather high-end, including Lululemon, Sephora, Zara, and Saks. Restaurants include Pubbelly Sushi, Tacology, and Dr. Smood (for smoothies and healthy eats). The City Center will soon have a Cinemex movie theater as well.

**Dadeland Mall**
7535 North Kendall Dr., Miami, FL 33156
Anchored by Florida's largest Macy's and Nordstrom, Dadeland Mall is known throughout the world as one of Miami's premier shopping centers. Dadeland also features more than 185 specialty stores, including Zara, Apple, Fit2Run, Coach, Guess, and J. Crew.

**The Shops at Sunset Place**
5701 Sunset Drive, Miami, FL, 33143
This large outdoor three-story mall is definitely worth the 20-25 minute drive from Downtown/Brickell or 30-40 minute drive from Miami Beach. There is a wide variety of shops here including American Eagle, Banana Republic, Lululemon, and Barnes and Noble. There is also a Bowling Alley, GameTime Arcade, and huge movie theater. It also features boutique shopping and a variety of excellent dining options.

**The Village of Merrick Park**
358 San Lorenzo Ave, Coral Gables, FL 33146
Pictured above, this outdoor high-end fashion mall is truly a breathtaking place. While the clothing stores can be on the more expensive side, there are also great restaurants and bars. Stores include Anthropologie, J. Crew, Francesca’s Collections, Victoria’s Secret, Neiman Marcus, and Nordstrom.
¡Bienvenido a Miami!
Shopping Centers

**Lincoln Road Mall**  
*Miami Beach, FL:* Tons of one-of-a-kind restaurants as well as bars and shopping. Check out “Alchemist” for the latest trends (at a hefty price tag) or grab a latte and a coffee table book at “Books and Books”. Other shops include Zara, Y-3, Diesel, Lush, H&M, Dylan’s Candy Bar.

**Ocean Drive Shopping District**  
*South Beach, FL:* Take a break from sunbathing and hop by “The Webster” on Collins Ave. Located in a historic art deco building, this three story luxury boutique houses a full bar and rooftop deck. Other shops in this district include Barney’s Co-Op, Adidas Originals, Sephora, and Armani Exchange.

**The Shops at Bal Harbour**  
*Bal Harbour, FL:* Located 30 mins north of Miami, this luxury mall houses designer stores such as Chanel, Ferragamo, Dior, and Louis Vuitton. Also has a variety of great restaurants. Perfect for people watching! Cha-Ching $$.

**The Falls**  
*Pinecrest, FL:* Located about 25 minutes south of the University of Miami undergraduate campus right off of US-1. Macy’s, Bloomingdale’s, Apple, Regal Movie Theatre, BJ’s Restaurant, Fresh Market.
¡Bienvenido a Miami!
Good Eats!

### BRICKELL EATS
There are many restaurants to choose from in Brickell. Most of them are located along South Miami Ave. in an area called Mary Brickell Village. Below is a list of our favorites.

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Rating</th>
<th>Category</th>
<th>Address</th>
<th>Phone</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perricone's Marketplace</td>
<td>✪✪✪✪</td>
<td>Italian (Eat In and Delivery)</td>
<td>15 SE 10th St, Miami, FL 33131</td>
<td>(305) 374-9449</td>
<td>*$10 pasta dishes every Thursday, eat in only.</td>
</tr>
<tr>
<td>Piola</td>
<td>✪✪✪</td>
<td>Italian</td>
<td>1250 South Miami Avenue, Miami, FL 33130</td>
<td>(305) 374-0031</td>
<td>*Free wine for ladies every Wednesday!</td>
</tr>
<tr>
<td>Burgers &amp; Beer Joint</td>
<td>✪✪✪✪</td>
<td>Burgers, Beer</td>
<td>900 S Miami Ave, Miami, FL 33130</td>
<td>(305) 523-2244</td>
<td></td>
</tr>
<tr>
<td>Balan’s</td>
<td>✪✪✪</td>
<td>Varied, Brunch</td>
<td>901 S Miami Ave, Miami, FL 33130</td>
<td>(305) 534-9191</td>
<td></td>
</tr>
<tr>
<td>Coyo Taco</td>
<td>✪✪</td>
<td>Tacos, Mexican Street Food</td>
<td>1111 SW 1st Ave</td>
<td>(786) 773-3337</td>
<td></td>
</tr>
<tr>
<td>Doraku</td>
<td>✪✪✪✪</td>
<td>Sushi, Japanese</td>
<td>900 S Miami Ave, Miami, FL 33130</td>
<td>(305) 373-4633</td>
<td></td>
</tr>
<tr>
<td>La Moon</td>
<td>✪✪✪</td>
<td>Colombian hot dogs and burgers</td>
<td>97 SW 8th St., Miami, FL 33130</td>
<td>(305) 860-6209</td>
<td>*Open late nights on the weekends!</td>
</tr>
<tr>
<td>Pubbelly</td>
<td>✪✪✪✪</td>
<td>Asian fusion</td>
<td>Brickell City Centre, 701 S Miami Ave</td>
<td>(786) 899-5038</td>
<td></td>
</tr>
<tr>
<td>American Social</td>
<td>✪✪✪</td>
<td>American Food and Bar/Lounge</td>
<td>690 SW 1st Ave, Miami, FL 33130</td>
<td>(786) 801-2466</td>
<td></td>
</tr>
<tr>
<td>Crazy About You</td>
<td>✪✪✪</td>
<td>Upscale, Date Night</td>
<td>1155 Brickell Bay Dr, Ste 101, Miami, FL 33131</td>
<td>(305) 377-4442</td>
<td></td>
</tr>
<tr>
<td>SuViche</td>
<td>✪✪</td>
<td>Ceviche, Sushi</td>
<td>49 SW 11th St, Miami, FL 33130</td>
<td>(305) 960-7097</td>
<td></td>
</tr>
</tbody>
</table>
¡Bienvenido a Miami!

Good Eats!

SOUTH BEACH EATS
South Beach dining is a bit pricey due to it being the center of tourism, but there are a number of excellent restaurants. Check out Lincoln Road for variety in price and style.

Juice and Java ✪✪✪✪ ($$)
Category: Health Food
1346 Washington Ave., Miami Beach, FL 33139
Small Café with a list of juices, smoothies and healthy wraps.

Joe’s Stone Crab ✪✪✪✪ ($$$)
Category: Seafood- The only place to go for the best stone crab in town!
11 Washington Ave, Miami Beach, FL 33139
(305) 673-0365

Barton G ✪✪✪✪ ($$$$)
Category: Specialty Restaurant
1427 West Ave, Miami Beach, FL 33139
(305) 672-8881

Thai House ✪✪✪ ($$)
Category: Thai
1137 Washington Ave, Miami Beach, FL 33139
(305) 531-4841

Bianca ✪✪✪✪ ($$$)
Category: Italian
1685 Collins Ave., Miami Beach, 33139
Located at the Delano Hotel, Super chic candle lit dining for special occasions.

A La Folie ✪✪ ($$)
Category: French
516 Espanola Way, Miami Beach, FL 33139
Authentic French Cafe located on the picturesque South Beach enclave.

MIDTOWN EATS
Midtown is the art center of Miami. Come here for some of the best food in the city!

Buena Vista Bistro ✪✪✪✪ ($$)
Category: French
4582 NE 2nd Ave, Miami, FL 33137
(305) 456-5909

Raja’s Indian Cuisine ✪✪✪ ($) Category: Indian
33 NE 2nd Ave, Miami, FL 33132
(305) 539-9551

Sakaya Kitchen ✪✪✪✪ ($) Category: Asian Fusion
3401 N Miami Ave, Miami, FL 33127
(305) 576-8096

Sugarcane Raw Bar Grill ✪✪✪✪ ($$$)
Category: Tapas Bar
3252 NE 1st Ave, Miami, FL 33127
(786) 369-0353

Gigi ✪✪✪ ($) Category: Asian Fusion, Tapas Style
3470 N Miami Ave, Miami, FL 33127
(305) 573-1520

Sakaya Kitchen ✪✪✪ ($) Category: Asian Fusion
3401 N Miami Ave, Miami, FL 33127
(305) 576-8096

*Check out the loaded tots
¡Bienvenido a Miami!

Good Eats!

DOWNTOWN EATS
Downtown Miami's diversity inspires dining delights in a variety of culinary styles. Below is a list of our favorites, but don’t hesitate to check out any of the others!

**Cvi.Che 105 ✪✪✪✪ ($$)**  
Category: Peruvian  
105 NE 3rd Ave, Miami, FL 33132  
(305) 577-3454

**Lombardi’s Ristorante Italiano ✪✪✪ ($$)**  
Category: Italian  
401 Biscayne Blvd, Miami, FL 33132  
(305) 381-9580

**Burrito San ✪✪✪✪ ($$)**  
Category: Asian Fusion, Japanese, Sushi  
119 SE 1st Ave, Miami FL 33131  
(305) 533-1288

**Bongo’s ✪✪✪ ($$$)**  
Category: Cuban  
601 Biscayne Blvd, Miami, FL 33132  
(786) 777-2100

**Sparky’s Roadside Barbecue ✪✪✪✪ ($$)**  
Category: Barbeque  
204 NE 1st St, Miami, FL 33132  
(305) 377-2877

**Café Bastille ✪✪✪ ($$)**  
Category: French, Breakfast, Brunch  
248 SE 1st St, Miami, FL 33131  
(786) 425-3575

MIRACLE MILE EATS
Miracle Mile is conveniently located between Brickell and UM Undergrad. With a variety of restaurants and upscale shops, Miracle Mile is the perfect place to take a stroll outside, grab a meal, and do some window-shopping.

**Tarpon Bend ✪✪✪ ($$)**  
Category: Seafood  
65 Miracle Mile, Coral Gables, FL 33134  
(305) 444-3210

**Small Tea ✪✪✪✪ ($$)**  
Category: Tea, Coffee, Sandwiches (great study spot!)  
321 Miracle Mile, Coral Gables, FL 33134  
(305) 442-8552

**Cibo Wine Bar ✪✪✪✪ ($$)**  
Category: Wine and Rustic Italian Food  
45 Miracle Mile, Coral Gables, FL 33134  
(305) 442-4925
¡Bienvenido a Miami!

Good Eats!

CORAL GABLES/SOUTH MIAMI

Coral Gables hosts the many wonders of Miami: unique architecture, classically delicious food, the undergrad campus, and the Biltmore Hotel & Golf Resort.

**Moon Thai ✪✪✪✪ ($$$)**
Category: Japanese, Sushi Bar, Thai
1118 S Dixie Hwy, Coral Gables, FL 33146
(305) 668-9890

**Yard House ✪✪✪ ($$$)**
Category: American, Huge beer selection!!
320 San Lorenzo Ave, Coral Gables, FL 33146
(305) 447-9273

**Rok Brgr ✪✪✪ ($$$)**
Burger Bar & Gastropub, Amazing Sunday brunch menu, including free UNLIMITED mimosas for the ladies!
5800 SW 73rd St, South Miami, FL 33143
(305) 663-6099

**Town Kitchen and Bar ✪ ($$)**
Category: American—Brunch and Dinner
7301 SW 57th Ct, Miami, FL 33143
(305) 740-8118

**Whisk ✪✪✪ ($$)**
American Dishes with a Southern Flair
7382 SW 56th Avenue, Miami, FL 33133
(786) 268-8350

**Deli Lane Café ✪✪✪ ($$)**
Category: Diner, Deli, Breakfast & Brunch
7230 SW 59th Ave, South Miami, FL 33143
(305) 665-0606

**COCONUT GROVE EATS**

Fondly known as “the Grove,” Coconut Grove offers everything in less than 10 blocks: movies, shopping, bars, and food! Parent-friendly, dog-friendly, and post-exam celebration-friendly, discover all the Grove has to offer.

**Green Street Café ✪✪✪ ($$)**
Category: American- Heat players frequent GreenStreet for best brunch in the neighborhood!
3468 Main Highway, Coconut Grove, FL 33133
(305) 444-0244

**Bombay Darbar ✪✪✪ ($$$)**
Category: Indian Food- One of the best in Miami, an absolute must try!
3195 Commodore Plaza, Miami, FL 33133
(305) 444-7272

**Lokal - Voted Best Burger in Miami! ✪✪✪✪ ($$)**
Local Burgers and Beer
3190 Commodore Plaza, Miami, FL 33133
(305) 442-3377

**Monty’s Raw Bar ✪ ($$)**
Category: Seafood with a Key West Style Outdoor area; Doubles as a great restaurant and fun bar!
2550 South Bayshore Drive, Coconut Grove, FL 33146
(305) 856-3992

**Jaguar ✪ ($$)**
Ceviche and Latin American Grill
3067 Grand Ave, Coconut Grove, FL 33133
(305) 444-0216
¡Bienvenido a Miami!

Parks & Parks & More Parks!

**Margaret Pace Park**
Not only does it have an incredible view of Miami Beach, but it also has courts for basketball, volleyball, and tennis.

**David T. Kennedy Park**
Waterfront park in Coconut Grove with sand volleyball courts, a playground for kids, an enclosed dog park, outdoor fitness equipment, and a compacted mulch path for running.

**Flamingo Park**
Located in the heart of South Beach with a regulation-sized football/soccer field, running track, and swimming pool.

**Oleta River State Park**
Locates right outside downtown Miami, Oleta is known for its bicycling tracks, canoeing, kayaking, saltwater swimming and fishing. You can go for an afternoon trip or stay overnight in their rustic (but air conditioned!) cabins.
¡Bienvenido a Miami!
Brickell Nightlife

From Chic rooftop lounges to divey college bars, Brickell offers a variety of nightlife options. Whether you want to dance the night away at Blackbird or sip your drink with the fantastic view Area 31 has to offer, Brickell has you covered. The best part is it’s all walking distance or a short metro-mover ride away.

**BRICKELL BARS**

**Area 31**
270 Biscayne Boulevard Way, 16th floor
Chic rooftop bar. Check out their “Beat the clock” happy hour fridays 5-10 for post exam celebrations!

**Brother Jimmy’s (aka Bro J’s)**
900 South Miami Avenue
Amazing BBQ and 62 oz fish bowls to share among friends!

**Blackbird Ordinary**
729 Southwest 1st Avenue
Lady’s drink for free on Tuesdays!

**Sugar**
Brickell City Centre, 788 Brickell Plaza
Swanky rooftop bar and garden in the brand new City Center! Great for date night or a night out with friends.

**Batch Gastropub**
30 SW 12 St.
This is the UF Alumni Bar for all the Gator games!

**Fado**
900 South Miami Avenue
Monday-Friday 5-8pm food and drink specials and trivia on Tuesdays at 8pm

**American Social**
690 SW 1st Ave
Mondays: Burger and Beer Happy Hour and Trivia Night! Salsa Wednesdays!

**Sidebar**
337 SW 8th St
Great outdoor vibes, DJs, and local food trucks!

**BRICKELL CLUBS/LOUNGES**

**Segafredo**
1421 South Miami Avenue,
Italian cafe by day, posh cocktail lounge by night

**Blue Martini**
900 South Miami Avenue, Miami, FL 33130
Happy hour everyday 4-8pm and Lady’s Night on Wednesdays with 1 free cocktail

**BLUME Nightclub (formerly Spazio)**
1421 South Miami Avenue
Dance club with live music - usually EDM or Latin!
¡Bienvenido a Miami!
Downtown/Wynwood Nightlife

Downtown features a unique assortment of bars and clubs including hipster dive bars, chill outdoor patios, and all-night electronic music venues.

**DOWNTOWN/WYNWOOD BARS**

**Wynwood Brewing Co.**
565 NW 24th Street
Spend a leisurely day in the heart of Wynwood and try Miami’s own craft beers!

**The Wynwood Yard**
56 NW 29th Street
Vibrant outdoor setting where entrepreneurs come together to provide food, drinks, and an amazing experience!

**Lagniappe**
3425 NE 2nd Ave, Miami, FL 33137
Award-winning wine bar! Come for the wine, stay for the romantic outdoor patio and live music!

**Wood Tavern**
2531 NW 2nd Avenue
Funky industrial atmosphere, great beer selection, and all around good vibes. Did we mention FREE TACOS ON TUESDAYS?!

**Gramps**
176 NW 24th Street
Hole in the wall bar with great drinks and live music! Great for a night of dancing

**Brick**
187 NW 28th Street
Artistic ambience, craft beers, & specialty cocktails

**CLUBS/LOUNGES**

**Bardot**
3456 North Miami Avenue
Kind of a mix of a cocktail bar, intimate lounge, and club. Great cocktails and appetizers.

**The Electric Pickle Co.**
2826 North Miami Avenue
Late-night lounge, great for checking out underground EDM/house music

**Club Space**
34 Northeast 11th Street
Dance club with rooftop terrace and famous DJs spinning tunes until the sun comes up!
¡Bienvenido a Miami!
SoBe Nightlife

South Beach (SoBe) is a wild and crazy place. Here you will find an extremely eclectic mix of people, shops, restaurants and bars. To include descriptions of all the great places to visit, eat, and drink in South Beach would be a book in itself, but here are some of the more famous places to go.

SoBe Bars

Hofbrau Beer Hall
943 Lincoln Road, Miami Beach, FL
2 for 1 happy hour every Wednesday

The Broken Shaker
2727 Indian Creek Dr, Miami Beach, FL 33140

Intimate outdoor watering hole, with creative drinks and a chill atmosphere.

Playwright Irish Pub and Restaurant
1265 Washington Ave, Miami Beach, FL
Dublin inspired hangout with draft beers and big screen TVs.

The Abbey Brewing Co
1115 16th Street, Miami Beach, FL
The Beach’s only brewpub!

Lido @ The Standard Hotel
40 Island Avenue, Miami Beach, FL
Great bar and grill on the Venetian Islands. Perfect for drinks with an incredible view of the bay before hitting South Beach.

SoBe Clubs/Lounges

Purdy Lounge
1811 Purdy Avenue, Miami Beach, FL
No cover venue with DJs spinning old school hip hop and reggae!

Craft Social Club
100 Collins Ave, Miami Beach, FL, 33139
“it’s not a nightclub, it’s a cocktail club”

Basement
2901 Collins Ave, Miami Beach, FL, 33140
Nightclub complete with DJs, live dancers, an ice skating rink, & bowling alley!

Story
136 Collins Ave Miami Beach, FL 33139
High energy neon-lit nightclub offering bottle service, dance floor, and DJs.

Twist
1057 Washington Ave., Miami Beach, FL 33139
South Beach’s premiere Gay Club. “Never a cover, always a groove”.

LIV Nightclub In the Famous Fontainebleau Hotel
4441 Collins Avenue, Miami Beach, FL 33140
Come dance to famous DJs and feel like a VIP in this upscale dance club
¡Bienvenido a Miami!
Coconut Grove Nightlife

Oh what it would be like to be in college again! Coconut Grove can make this dream come true. The hot spot for UM undergrads (especially on Thursday nights!), the Grove will provide you with an affordable, outrageous atmosphere. Most of the bars are located within four blocks of each other and double as pretty good eateries.

Fat Tuesday’s
3015 Grand Ave, Miami, FL

Sandbar Sports Grill
3064 Grand Avenue, Miami, FL
Wednesday Night - Penny Beers

Tavern In the Grove
3416 Main Hwy, Miami, FL 33133

Barracuda Raw Bar & Grill
3035 Fuller Street, Miami, FL

Monty’s Seafood Restaurant
2550 South Bayshore Drive, Miami FL
Friday Night - Happy Hour
*Also located in Miami Beach!

Vinos In the Grove
3409 Main Hwy, Miami, FL 33133
¡Bienvenido a Miami!

Other Things to Do

**Zoo Miami**
As the only tropical zoo in the US, Zoo Miami has African, Asian and Amazonian exhibits.

**Jungle Island**
Spend a day feeding and playing with jungle parrots and animals from all over the world!

**The Venetian Pool**
The perfect place to spend a hot summer day by the pool.

**Fairchild Tropical Botanical Garden**
This garden is dedicated to tropical plant. Special events include moonlit tours of the beautiful gardens, movie nights, music nights, and more! There are also yearly festivals.

**Adrienne Arsht Center for the Performing Arts**
Great place to look for upcoming concerts and musical performances.

**Perez Art Museum (PAM)**
Modern and contemporary arts museum.

**Miami Children's Museum**
If you have children, this is a great place to visit where kids will learn the benefits of eating healthy, safety, caring for pets, how to shop, the history of Miami, and much more in a fun and interactive environment.

**Miami Science Museum**
Check out the website to find out which exhibits are currently at the museum and the upcoming planetarium events, which include laser shows to Pink Floyd, U2, The Beatles, and more!

**Beaches**
South Beach is a great place to go to lay out in the sun and swim in the beautiful water. Parking in the Washington and 7th street garage is hourly and very close to the beach!

**Knaus Berry Farm**
The Knaus family has been making Homestead’s most famous sticky buns for the past 50 years, and the farm also has fresh vegetables, home roasted coffee beans, fresh honey and jam, and creamy milkshakes!
¡Bienvenido a Miami!

Weekly & Monthly Events

Art Walk – Second Saturday of Each Month
It’s like speed dating for art lovers. Dozens of the independent galleries in the Wynwood Art District open their doors for their Second Saturday Gallery Night, each venue offering their own exhibitions, entertainment, refreshments and vibes. 2PM-9PM, between NW 20th and NW 36th Streets west of N. Miami Avenue.

Farmers Markets
- Sundays
  - Brickell City Centre 11AM-6PM)
  - Lincoln Road  (9AM-6PM)
- Mondays
  - Civic Center Metrorail Station (8AM-5PM)
  - Adrienne Arsht Center Metromover station
- Thursdays
  - Government Center Metrorail station  (8AM-5PM)
- Saturdays
  - Coconut Grove Organic Market (10AM-7PM)

Food Trucks
- Check the food truck schedule and follow your favorite trucks at www.miamifoodtrucks.com

Taste & Sounds of Miami
- UMMSM’s Life & Science Technology Park, Thursdays 5-9PM (March-August)
¡Bienvenido a Miami!

Annual Events

Miami Marathon & Half Marathon, January 27, 2019
A 26.2 mile marathon and 13.1 mile run through Miami and Miami Beach. The marathon draws more than 15,000 people for the event. The course starts at American Airlines Arena, follows the most beautiful parts of Miami and Beaches for amazing panoramic views and ends at Bayfront Park.

Kiss Country 99.9 FM's Annual Chili Cook Off, February (exact date TBA)
South Florida country fans don their cut off jeans and cowboy hats and pack CB Smith Park in Pembroke Pines for the annual Kiss Country Chili Cookoff and Music Festival. Twenty-five thousand people attend the all-day country music jam which features top country artists and bands.

Coconut Grove Arts Festival, February (exact date TBA)
Produces an annual fine arts festival during Presidents Day weekend with more than 350 artists from around the world and an average attendance of 150,000 people.

Spartan Race, April (exact date TBA)
Spartan Race, the global leader in Obstacle Racing since 2005, was designed by seven insane ultra athletes and a Royal Marine. An obstacle course race is designed to test your resilience, strength, stamina, quick decision making skills, and ability to laugh in the face of adversity. This unique obstacle course trail races will demand every ounce of your strength, ingenuity, and animal instinct.

9 Mile Music Festival, March (exact date TBA)
An all-day reggae music festival featuring top artists and reggae legends down by the beach on Key Biscayne.

Calle Ocho Festival, March (exact date TBA)
A grand celebration of Hispanic culture. Known as the world's largest street party, the festival spans 23 city blocks, filled with musical stages, youth sites, folkloric sites and food vendors.

South Beach Wine & Food Festival, February (exact date TBA)
Join your favorite Food Network hosts including Rachael Ray, Guy Fieri, Paula Deen, Bobby Flay and many more for cooking demos and book signings at the American Express Grand Tasting Tents. Other events include the Perrier-Jouet Bubble Q, Wine Spectator Tastings, annual Tribute Dinner and more.
¡Bienvenido a Miami!

...More Annual Events

Winter Music Conference (WMC) Late March
One of the most acclaimed music industry gatherings in the US, with more than 200 artists, DJ and record company receptions and parties, panel discussions, new product premieres, technology demonstrations, and the premier international awards show for the dance music industry.

Ultra Music Festival (UMF) March (exact date TBA)
America’s premier electronic music festival features top artists from around the world and three days of performances at Bayfront Park.

8/1-9/30 Miami Spice Restaurant Program (August 1- September 30, 2018)
Don’t miss a chance to savor some of our area’s most spectacular cuisine. Greater Miami and the Beaches’ top restaurants offer mouth-watering meals at incredible savings.

Coral Gables Oktoberfest, October (exact date TBA)
Enjoy 10 days of traditional food, beer, music and entertainment at this annual fall festival at Fritz & Franz Bierhaus. Live music will be performed by bands from Austria & Germany, plus there will be plenty of beer, wine and food. Admission is Free.

Columbus Day Regatta, October 6, 2018
More than 200 sailboats from more than a dozen classes race on Biscayne Bay from north to south on Saturday, and back on Sunday. Meanwhile, those with other boats and no interest in racing drop anchor in shallow waters alongside 100's of other boats bringing music, food, and fun to the party in the bay!

Fantasy Fest in Key West, October 19-28, 2018
Fantasy Fest is an annual 10-day, Mardi Gras-esque, celebration and body painting extravaganza in Key West, Florida. Held each year around Halloween, Fantasy Fest has been rocking Key West since 1979 drawing a crowd of 70,000 each year to the tiny, southernmost town.

Art Basel Miami Beach- December 6-9 2018
Art Basel Miami Beach is the most important art show in the United States, a cultural and social highlight for the Americas. Art Basel Miami Beach combines an international selection of top galleries with an exciting program of special exhibitions, parties and crossover events featuring music, film, architecture and design.
UMMSM Annual Events

Rose Ceremony

The annual Rose Ceremony serves to honor those that donated their bodies for our learning. Students perform musical and literary pieces as a part of the program.

As they say: “Our first patient is the cadaver we are privileged to learn from.”

SunSmart 5k

University of Miami Miller School of Medicine students host the SunSmart 5k to celebrate heart & skin health! University of Miami dermatologists are at the race to give Free Post-Race Skin Cancer Screenings.
UMMSM Annual Events

Pinning Ceremony

The official induction of MS1s into the medical profession and the UMMSM Family-with the addition of a special “U” pin on their white coat. Great time for friends and family to come visit and help celebrate your journey towards becoming an MD!

Match Day

The day every medical students waits for! MS4s get on stage to discover the residency program they have matched into, and celebrate with classmates, faculty, friends & family.

Check out the amazing 2016 Miller Match List here:
http://admissions.med.miami.edu/md-programs/match-day-results
UMMSM ANNUAL EVENTS

Dean’s Cup

Every year, UMed and Ulaw go head to head in a weeklong sports and gaming competition on behalf of the deans! Athletic competitions include ping pong, dodgeball, soccer, flag football and more! Sports aren’t your thing? Don’t worry! The competition also includes everything from competitive burrito eating, baking, and video gaming!

We proudly reclaimed the trophy from ULaw this year, and we plan on keeping it!

Cabaret

Cabaret is UMMSM’s annual student talent show! This is your time to shine! Showcase your artistic passions whether in a group or with a solo act! Some crowd favorites include the Doctor’s Note Acapella group, the Bollywood dance, and performances from BPM-UM’s hip hop group.
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