

# MOVING TO TUCSON

A GPSC GUIDE FOR INCOMING GRADUATE &  
INTERNATIONAL STUDENTS



THE UNIVERSITY OF ARIZONA  
Graduate & Professional  
Student Council

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## WELCOME LETTER FROM GPSC

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Dear New Graduate Students,

Welcome to the University of Arizona and to the vibrant city of Tucson!

On behalf of the Graduate and Professional Student Council (GPSC), we are excited to welcome you to a new chapter of your academic journey. Whether you're pursuing research, professional studies, or creative scholarship, you are joining a diverse, dynamic, and supportive community of scholars from all over the world.

As your student government, GPSC is here to represent your needs and enhance your experience. We offer travel and research grants, advocate on your behalf with university leadership, host social and professional events, and support wellness and community engagement. You'll find our services especially helpful as you navigate the early days of your transition to Tucson.

We know that starting graduate school can be exciting, but also overwhelming — especially if you're arriving from a different state or country. That's why we've built this guide: to help you settle in, make smart choices, and discover the many opportunities that life in Tucson and at UArizona have to offer.

We encourage you to get involved in GPSC, attend our events, apply for funding, and most importantly, don't hesitate to reach out. We're here to support you every step of the way.

Welcome to Tucson. Welcome to UArizona. Welcome to your new community.

With warm regards,

**The GPSC Executive Board**

<https://gpsc.arizona.edu>

## GPSC OVERVIEW: WHO WE ARE & HOW TO GET INVOLVED

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The **Graduate and Professional Student Council (GPSC)** is the official student government representing over 12,000 graduate and professional students at the University of Arizona. Our mission is to advocate, support, and empower graduate students academically, professionally, and personally.

### WHAT GPSC DOES:

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- **Advocacy:** We represent graduate student interests to university administration, Arizona Board of Regents, and state-level policymakers.
- **Funding Opportunities:** GPSC provides **travel grants**, **research grants**, and **childcare subsidies** to help students advance their academic and professional goals.
- **Events & Workshops:** We host a wide variety of events such as professional development workshops, wellness programs, town halls, and social mixers.
- **Resources & Support:** Whether you're navigating housing, dealing with academic policies, or just need a helping hand, GPSC is a place to turn for guidance and referrals.

### HOW TO GET INVOLVED:

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- **Join a committee:** GPSC has several committees focused on academics, diversity, sustainability, health, and more.
- **Become a Representative:** Each college has elected GPSC representatives. Run for a position or attend GPSC meetings to stay informed.
- **Volunteer or Attend Events:** Check the GPSC events calendar for upcoming opportunities to engage.

Stay connected with GPSC through our website, social media, and newsletters. You're always welcome to stop by our office close to the Student Union Memorial Center or email us with questions or concerns.

**Website:** [gpsc.arizona.edu](http://gpsc.arizona.edu)

**Email:** [gpscmarketing@email.arizona.edu](mailto:gpscmarketing@email.arizona.edu)

**Location:** 1031 N. Mountain Ave., Tucson, AZ, 85719

## A SMOOTH BEGINNING TO STUDENT LIFE AT UARIZONA

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Starting graduate school is a big step, and settling in at the University of Arizona involves more than just enrolling in classes. Here are some key first actions and resources that can help make your transition smooth and successful.

### ACADEMIC ORIENTATION & DEPARTMENT WELCOME

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- Many departments host their own **orientation sessions**. Attend these to meet your faculty, advisors, and peers.
- Check your email for details from your department or college's graduate coordinator.
- If you are an international student, make sure to also complete **Global Orientation** via ISS.

### CAMPUS ESSENTIALS

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- **Get your CatCard:** Your student ID is required for building access, printing, transportation, and library use.
- **UAccess Student Portal:** This is your hub for registration, tuition payments, financial aid, and more.
- **D2L (Desire2Learn):** Most classes use this for assignments, grades, and syllabi. Familiarize yourself early.

### KEY SUPPORT OFFICES

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- **Graduate College:** Advises on academic policies, degree requirements, and funding.
- **Graduate Center:** Offers writing support, career services, workshops, and interdisciplinary programs.

- **GPSC:** Advocates for graduate student needs and provides funding, events, and wellness programming.

## DIGITAL RESOURCES

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- **GradPath:** UArizona's online tool to track your academic progress and submit required graduate forms.
- **Handshake:** Career services platform for job and internship listings.
- **Library Services:** Offers research guides, workshops, and tech lending.

## PRO TIPS FROM GRAD STUDENTS

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- Attend a GPSC or Graduate Center welcome event — you'll meet helpful contacts right away.
- Schedule a one-on-one meeting with your faculty advisor or director of graduate studies.
- Explore campus early (check out the Student Union, Rec Center, libraries, and Global Center).
- Join the GPSC email list to stay up to date on funding, events, and resources.

This early period sets the tone for your time at UArizona — lean into the support available, explore the campus community, and reach out when you need guidance.

## GRADUATE COLLEGE & GRADUATE CENTER RESOURCES

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The **University of Arizona Graduate College** and the **Graduate Center** are two key hubs for graduate student success. These offices provide a wide range of services, tools, and programs to help you thrive both academically and professionally.

### GRADUATE COLLEGE

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The Graduate College oversees academic policies, degree programs, admissions, and funding opportunities for graduate students.

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### KEY SERVICES INCLUDE:

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- Program and degree requirement guidance
- Graduate student academic policies and forms
- Funding information (fellowships, assistantships, tuition awards)
- Resources for thesis/dissertation formatting and submission

Website: <https://grad.arizona.edu>

## GRADUATE CENTER

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The Graduate Center offers a supportive environment focused on professional development, interdisciplinary engagement, and student well-being.

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### PROGRAMS AND RESOURCES INCLUDE:

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- Writing support and writing retreats
- Career development workshops and seminars
- Research communication programs (e.g., Grad Slam, 3MT)
- Grant writing guidance and fellowship bootcamps
- Grad Path: an online tool to track degree progress

Website: <https://gradcenter.arizona.edu>

Both centers are great places to ask questions, attend events, and find guidance beyond your academic department. The Graduate Center also works closely with GPSC to co-host workshops, peer mentoring programs, and student panels.

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## INTERNATIONAL STUDENT SERVICES: ISS OFFICE & VISA SUPPORT

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**The International Student Services (ISS)** team at UArizona is dedicated to helping international graduate students successfully navigate immigration, academic, and cultural transitions. ISS works closely with students throughout their degree program to ensure they maintain compliance with U.S. immigration laws while building meaningful community connections.

## WHAT ISS PROVIDES:

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- **Immigration & Visa Advising:** Support for F-1 and J-1 visa holders, including help with maintaining visa status, understanding regulations, and applying for work authorizations (e.g., CPT, OPT).
- **Orientation & Workshops:** ISS hosts pre-arrival webinars, Global Orientation, and educational workshops on cultural adjustment, U.S. systems, and university life.
- **Document Services:** ISS can issue or update your I-20/DS-2019, provide letters for Social Security or DMV purposes, and verify enrollment.
- **Programming & Support:** Attend regular social events, connect with other international students at the Global Center, or get involved in cultural celebrations hosted throughout the year.

## KEY RESOURCES:

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- **Website:** <https://international.arizona.edu/iss>
- **Email:** [international@arizona.edu](mailto:international@arizona.edu)
- **Location:** Global Center, 615 N. Park Ave.

## PRO TIPS:

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- Register for the **Global Orientation** and complete any pre-arrival checklists.
- Review **visa-specific FAQs** and update travel signatures at least once a year.
- Follow ISS on social media or subscribe to newsletters to stay informed.
- Visit ISS early for guidance on **tax documents, driver licenses, or employment** questions.

ISS is your go-to resource for thriving as an international Wildcat. They work alongside GPSC and the Graduate Center to ensure you're supported throughout your academic journey.

## CAMPUS INVOLVEMENT: EVENTS, STUDENT ORGS, & VOLUNTEERING

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Graduate school isn't just about coursework and research—it's also about building relationships, finding community, and growing professionally. Luckily, UArizona offers a wide array of involvement opportunities to enrich your student life.

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#### EVENTS HOSTED BY GPSC AND CAMPUS PARTNERS:

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- **Welcome Week:** Kick off the semester with social mixers, networking events, and tours.
- **Grad Slam:** A fast-paced competition where students present their research in 3 minutes.
- **Workshops:** From resume writing to stress management, events are hosted year-round.
- **Social Events:** Cultural nights, trivia, movie screenings, hiking trips, and more.

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#### STUDENT ORGANIZATIONS:

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- Join a registered **Graduate Student Organization (GSO)** in your department or college.
- Explore identity- and interest-based clubs via [involve.arizona.edu](http://involve.arizona.edu).
- Attend the **Club Fair** each semester to meet active groups.

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#### VOLUNTEER & COMMUNITY ENGAGEMENT:

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- **Graduate Center and Community Engagement office** list ongoing opportunities.
- Participate in GPSC or ISS-led service projects.
- Local organizations like the **Iskashitaa Refugee Network, Habitat for Humanity, and Casa Alitas** welcome volunteers.

Getting involved helps you build a support system and gain leadership experience that can be just as valuable as what you learn in class.

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#### MOVING TO TUCSON

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Welcome to your new city! Tucson is a unique and vibrant place with a warm climate, rich cultural history, and a friendly community. Whether you're coming from across the country or across the world, you'll find

that Tucson is an inviting and livable city with a relatively low cost of living and a distinct Southwestern character.

## WHY STUDENTS LIKE TUCSON:

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- Affordable housing and amenities compared to many universities' towns
- Bike-friendly infrastructure and public transit access
- Diverse food scene, including international and vegan options
- Year-round outdoor activities like hiking, running, and climbing
- Friendly, welcoming residents and strong academic community

## PRACTICAL FIRST STEPS:

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- Secure temporary or permanent housing (see next pages)
- Set up a local bank account and get a phone plan if needed
- Plan transportation (bike, bus, Cat Tran, or car)
- Visit campus and get your CatCard (student ID)
- Register for classes and confirm your funding package

Many departments, campus offices, and student groups will offer orientations or welcome sessions. Make time to attend these—you'll learn a lot and meet other new graduate students right away.

GPSC encourages all students to explore the city, ask for help when needed, and begin building your Tucson home from day one. You've got this!

## HOUSING INFORMATION

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Finding a place to live in Tucson can be relatively straightforward, but it's important to know your options and understand the local rental process. Below is an overview of what to expect, with resources tailored to graduate and international students.

## RENTING IN TUCSON

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- **Lease Terms:** Most apartments offer 12-month leases, but some near campus offer flexible terms or student-specific leases.
- **Rental Costs:** Studios and one-bedroom apartments typically range from \$800–\$1,200/month. Shared housing and rooms in larger homes can be more affordable.
- **Utilities:** Not all rentals include utilities (electricity, water, internet), so clarify before signing a lease.
- **Furnishing:** Many rentals are unfurnished. Look for “furnished” listings if needed, especially for short-term stays.
- **Deposits:** Expect to pay first month’s rent and a security deposit upfront.

## WHERE TO START LOOKING

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- **University-Affiliated Platforms:**
  - <https://offcampus.arizona.edu>: UArizona’s Off-Campus Housing portal. Listings, roommate finder, and rental tips.
  - GPSC Facebook Group: Fellow students often post available rooms/sublets.
- **General Listings:**
  - [Craigslist Tucson](#)
  - [Zillow](#)
  - [Apartments.com](#)
  - [Facebook Marketplace](#) and Tucson rental Facebook groups

## POPULAR HOUSING RESOURCES

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Finding housing in Tucson can be made easier with the right resources. Here’s an updated and detailed guide:

**1. La Aldea Graduate Housing** (on-campus apartments):

Ideal for grad students, with fully furnished units, utilities included, and a supportive residential community. Link: <https://grad.housing.arizona.edu>

**2. University Off-Campus Housing Portal:**

University-supported listings, roommate matching, and resources tailored for students — visit: [offcampus.arizona.edu](http://offcampus.arizona.edu).

**3. Cottages at Tucson:**

Luxury, pet-friendly community with private shuttle service to campus, multiple floor plans.

Link: <https://www.cottagesattucson.com>

**4. Hub Park Ave:**

New student-focused apartments near campus with rooftop pool, fitness center, and great social spaces. Link: <https://huboncampus.com/parkavenue/>

**5. Yelp / Reddit Insights:**

Look up "Student Housing Tucson" on Yelp — popular options include Linden Terrace, The Mark, OLiv & The Cottages on Reddit, one recent post noted:

"I'd highly recommend the graduate housing: La Aldea. Cheap rent, utilities included...in some rooms laundry in unit."

**6. Craigslist, Zillow & Facebook Marketplace:**

Widely used for private rentals and roommate searches, including Facebook groups for UArizona off-campus housing.

## TIPS FOR RENTERS

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- **Timeline:** Many leases are signed 4–6 months in advance—start searching by March or April.
- **Virtual Tours:** Excellent option if arriving from far—just ensure you ask detailed questions and check location safety on Google Maps/reviews.
- **Essential Questions:**
  - Is there central AC? ("DO NOT SETTLE FOR ANYTHING BUT CENTRALIZED AC" — Reddit) [reddit.com](https://www.reddit.com)

- What's the noise level? Are there Greek houses nearby?
- Are utilities included, and how are they billed?
- Any additional ("hidden") fees, such as a move-in fee?

## SHORT-TERM/RENEWABLE OPTIONS

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- **La Aldea** offers 10–12 month contracts—good fallthrough options during intersessions.
- **Airbnb or Sublets**—great for summer or when finalizing long-term plans.
- **Filtered Student Communities:** Cottages, Hub, ŌLiv often have flexible student-specific lease terms.

## GPSC & ISS TIPS:

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- Use your UArizona email when contacting landlords to show you're a student.
- Ask about proximity to the **Sun Link Streetcar**, **Cat Tran**, or **bus lines**.
- Take virtual tours or visit in person before paying deposits.
- Talk to current grad students—personal recommendations go a long way.

## TEMPORARY HOUSING OPTIONS:

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- **Graduate dorms** (limited availability, apply early)
- Short-term Airbnb/sublets (especially in summer or winter)
- Extended stay hotels or motels (check UArizona discounts)

Whether you're looking for a roommate situation, a studio apartment, or a family-friendly rental, Tucson offers a range of housing for different budgets and lifestyles. The next few pages will explore neighborhoods, how to vet properties, and tips for first-time renters in Arizona.

## SELECT LOCATIONS/NEIGHBORHOODS IN TUCSON

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Choosing where to live can impact your daily routine and lifestyle. Here are some top neighborhoods favored by grad students and faculty:

**1. University / Main Gate Area**

Steps from campus, Sun Link Streetcar, CatTran, and University Blvd.

Ideal for those wanting walkable access to classes, libraries, and campus events. Leases tend to be shorter but prices are comparable to nearby areas.

**2. Cherry Avenue / Fourth Avenue**

A lively neighborhood with eclectic shops, cafés, and community events. Great for students seeking a vibrant, student-centered vibe.

**3. Grant Road Corridor**

Offers a range of housing from older single-family homes to newer apartment complexes, often more affordable and quieter than the university area.

**4. Catalina Foothills**

Upscale residential area north of the university near shopping and hiking trails. Best suited for families or those seeking a suburban setting; expect higher rent.

**5. Downtown / Mercado District**

Rich in culture, art venues, festivals, and a strong dining scene. Ideal for those wanting urban living with public transport access.

**6. Fifth Street Corridor**

A middle ground between downtown and the university, with newer mixed-use developments, grocery stores, and bus routes.

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**NEIGHBORHOOD TIP:**

Check commute time using Google Maps during peak class hours — sometimes a few extra minutes make a big difference!

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**SAFETY**

Tucson is generally safe for graduate students, but it's always good to take precautions as you settle in:

## PERSONAL & CAMPUS SAFETY TIPS

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- **UArizona Safety Programs:**

- **SafeRide** and **SafeWalk** provide free escort services on campus and near-campus areas late at night.
- Download the **UArizonaSafe** app for alerts, GPS tracking, and emergency communication.

- **Off-Campus Safety:**

- Stick to well-lit, populated streets at night.
- Travel with peers or use SafeRide/SafeWalk whenever possible.
- Keep your phone charged and share your location with a friend.

- **Car & Bike Safety:**

- Lock bikes with U-locks and register them via campus police.
- Park in visible, lit spots.
- Follow traffic rules — Tucson has many bike lanes and protected paths.

## THEFT PREVENTION & SECURITY

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- **Renters Insurance:** Protects you in case of theft or damage—many providers offer affordable student plans.
- **Home & Apartment Security:** Ask about deadbolts, lighting, and secure windows. Avoid ground-level windows if possible.

## TRANSPORTATION OVERVIEW

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Getting around Tucson is relatively easy thanks to a variety of student-friendly transit options. Whether you prefer to bike, ride the streetcar, or use the bus, you'll find that Tucson supports low-cost, sustainable transportation.

## DRIVING & BIKING TIPS

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- **Driving:**

- Avoid rush hour (7–9 AM & 4–6 PM). Tucson uses a grid system — expect traffic on major arterial roads.
- Watch for crosswalks; pedestrian traffic is common near campus.
- Carry extra water in your vehicle — heat & vehicle breakdowns happen often.

- **Biking:**

- Wear helmets, reflective gear, and lights at night.
- Use marked bike lanes and Tucson's Loop shared-use path.
- Sun Tran buses have bike racks for multi-modal travel.

Stay alert, stay informed, and don't hesitate to ask fellow students or GPSC for safety suggestions tailored to your area.

## SUN TRAN BUS SYSTEM

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- **Free with CatCard:** Graduate students ride free on all city buses with a valid CatCard.
- **Coverage:** Sun Tran operates across the entire city, including to campus, downtown, and most residential neighborhoods.
- **Trip Planning:** Use the [Sun Tran website](#) or Google Maps to find bus routes and schedules.

## SUN LINK STREETCAR

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- **Campus-to-Downtown Connection:** The streetcar runs from the UArizona campus through downtown Tucson and the Mercado District.
- **Key Stops:** Main Gate Square, 4th Avenue, Downtown, and Mercado San Agustin.
- **Cost:** Free with your CatCard.

## BIKING IN TUCSON

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- **Bike-Friendly City:** Tucson is consistently ranked as one of the top bike cities in the U.S.
- **The Loop:** A 130-mile multi-use path system that connects parks, rivers, and neighborhoods — perfect for commuting or recreation.
- **Campus Bike Amenities:** Bike valet, repair stations, and covered bike parking.
- **Rent or Buy:** Used bikes can be found at local shops or through Facebook Marketplace.

## CAR USE AND PARKING

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- **Permits:** Campus parking is limited and requires a permit. Check [parking.arizona.edu](http://parking.arizona.edu) for options.
- **Rideshare:** Uber and Lyft operate citywide and are convenient for late-night transit or airport runs.
- **Carpool Programs:** Share the ride with other students through campus or community carpool networks.

## UARIZONA TRANSIT (CAT TRAN)

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- **Shuttle Service:** Free on-campus shuttle with routes covering key buildings, parking lots, and dorms.
- **Schedule:** Runs Monday–Friday during regular class hours. Route maps are online.

Whether you're commuting to class or exploring downtown, you'll find reliable and affordable ways to get around Tucson without needing a car.

## LIVING IN THE HEAT

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Tucson's desert climate is beautiful—but hot! With more than 300 days of sunshine a year and summer highs often exceeding 105°F (40°C), it's essential to prepare for and adapt to the environment, especially if you're new to the Southwest or the U.S.

## WEATHER OVERVIEW

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- **Summer (May–September):** Daytime highs range from 95–110°F. Evenings can remain above 80°F.

- **Winter (December–February):** Mild and comfortable, with daytime temperatures around 65–75°F.
- **Monsoon Season (July–August):** Sudden thunderstorms, heavy rain, and flash flooding can occur. Always check the forecast.

### TIPS FOR SURVIVING THE HEAT

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- **Stay Hydrated:** Always carry a reusable water bottle. Most buildings and campus facilities have refill stations.
- **Wear Sunscreen & Sunglasses:** UV levels are high year-round. Protect your skin and eyes, especially if you're outdoors mid-day.
- **Dress for the Weather:** Light, breathable fabrics like cotton or linen are best. Avoid dark colors that absorb heat.
- **Use AC Wisely:** Make sure your apartment has working air conditioning—ideally central AC. Report any issues immediately.
- **Avoid Peak Heat:** Plan errands and exercise early in the morning or after sunset.

### CULTURAL ADJUSTMENTS TO DESERT LIFE

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- **You May Walk Less:** It's common to drive, bike, or use public transit rather than walk far in the sun.
- **Appreciate the Evenings:** Outdoor activity often shifts later in the day—look out for night markets, open-air movies, or hiking at sunset.
- **Health Warning:** If you feel dizzy, weak, or nauseated in the heat, get indoors and hydrate immediately—these may be signs of heat exhaustion.

The dry desert heat takes some getting used to, but many students grow to love Tucson's sunny skies and warm winters. With a few smart adjustments, you'll thrive here year-round.

### BASIC REQUIREMENTS FOR RESIDENCY (U.S. CITIZENS/PERMANENT RESIDENTS)

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## Applying for Arizona Residency

Establishing residency in Arizona can significantly reduce tuition costs for domestic (U.S.) graduate students. However, the process is detailed and requires advance planning. International students on F-1 or J-1 visas are not eligible for state residency due to visa restrictions.

To qualify for in-state tuition, you must:

- Live in Arizona for **12 consecutive months** prior to the start of the semester.
- Prove **intent to remain** in Arizona for reasons beyond education.
- Show **financial independence** (not claimed as a dependent).

### DOCUMENTATION TO PREPARE

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- Lease agreements or housing contracts
- Arizona driver's license or state ID
- Voter registration in Arizona
- Arizona vehicle registration (if applicable)
- Employment records or tax returns filed in Arizona

### IMPORTANT TIMING NOTES

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- The 12-month residency period **must be complete before the first day** of classes for the term in which you seek in-state status.
- Apply through the **Office of the Registrar** using the Residency Classification process:  
<https://registrar.arizona.edu/support-services/residency>

### EXCEPTIONS & SPECIAL CASES

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- **Graduate Assistants/Teaching Assistants** may qualify for tuition waivers regardless of residency status.
- **WUE and WRGP** programs offer reduced rates for students from certain Western states.

- DACA recipients and non-citizens may have separate guidelines—contact the residency office.

For help navigating the process, contact GPSC, your department's graduate coordinator, or the Registrar's Office directly. Plan early and keep careful records to support your application.

## GETTING AN ARIZONA STATE ID OR DRIVER'S LICENSE

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Whether you plan to drive or not, obtaining an Arizona State ID or Driver's License is a useful step for accessing services and verifying identity locally. IDs are issued by the **Arizona Department of Transportation (ADOT) – Motor Vehicle Division (MVD)**.

### FOR A DRIVER'S LICENSE:

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- **Bring:** Passport (for international students), visa/I-94, I-20 or DS-2019, proof of Tucson address, and SSN (or exemption letter).
- **Written & Vision Test:** Required for first-time applicants.
- **Driving Test:** May be required unless you have a valid license from another U.S. state.

### FOR A STATE ID (NON-DRIVER):

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- **Bring same documents as above**, but no test is needed.
- Useful for accessing campus resources, local venues, and proving residency for services.

📍 Closest MVD: 3565 S. Broadmont Dr., Tucson, AZ 85713

📍 Alternative: Authorized third-party providers like **Quick Stop MVD** (shorter wait times)

Info & Appointments: <https://azdot.gov/mvd>

## FOOD

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Tucson has a great variety of traditional and alternative markets, including a wide range of ethnic markets.

Here are some, mostly in the university area.

## FARMERS' MARKETS

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This website has an extensive listing of farmers' markets in the Tucson area:  
<https://www.visittucson.org/things-to-do/shopping/farmers-markets/>

The markets listed below are favorites and closest to campus.

- Food in Root: Banner UMC (1501 N. Campbell Avenue), 10 a.m. – 2 p.m. on Fridays
- Heirloom Farmers Markets: Five markets open at different locations on different days; most of their open hours are 8 a.m. - 12 p.m. April to September and 9 a.m. – 1 p.m. October to March.
- Manzo Elementary School: (855 N. Melrose Avenue) has periodic markets during the school year with produce and tilapia they raise on-site
- Mercado San Augustin: 100 S. Avenida del Convento; Thursdays 3 p.m. - 6 p.m.
- Tucson Community Food Bank: There are three locations in Tucson. The closest to the UArizona campus is the Caridad Community Kitchen (845 N Main Ave) which is open Monday - Friday: 2 p.m. - 4 p.m. Free grab and go meals are available.
- Tucson Farmer's Markets at St. Phillip's Plaza: Campbell & River Rd.; Saturdays and Sundays 10 a.m. - 3 p.m. October – April and 8 a.m. – 12 p.m. May – September; this market has few food vendors, but some interesting plants, crafts, etc.
- Tucson Village Farm: 4210 N. Campbell; has weekly U-Pick on Tuesdays 4 p.m. – 6 p.m. during the growing seasons

## MISCELLANEOUS

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The Benson/Willcox area has a variety of truck and fruit farms with U-pick options; Apple Annie's is a favorite. Locally, pumpkins can be picked at Buckelew Farms. If you are interested in gleaning, check out the sustainability group on campus or Iskashitaa Refugee Network.

## FOOD CO-OPS, BUYING CLUBS, CSAS ETC.

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- 4th Avenue Food Conspiracy Co-Op: 412 N. 4th Avenue
- Bountiful Baskets Food Co-Op: several area pickups
- The 3000 Club – Market on the Move: Saturdays; 4515 E 22nd St.

- Produce on Wheels – With Out Waste (P.O.W.W.O.W.): various locations
- Tucson CSA (Community Supported Agriculture)
- Costco: 6555 E. Grant at Wilmot, 1650 E. Tucson Marketplace, 3901 W. Costco Drive
- Tucson Food Share, 2500 N Stone Ave: free food, including fresh produce, available 3 times a week: <https://tucsonfoodshare.org>

## GROCERS

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- A.J.'s: 2805 E. Skyline; upscale; nice for brunch or special occasion needs
- Albertson's: Campbell & Glenn, Grant & Tanque Verde
- Basha's: Swan & Ft. Lowell
- Cardenas Markets: 902 W Irvington Rd
- Food City: 3030 E. 22nd St
- Fry's: Grant & Alvernon, 1st & Grant
- McGary's Discount Grocery
- Safeway: Campbell & Broadway, Pima & Alvernon
- Sprouts: Speedway & Swan, 1st & Wetmore, Broadway & Kolb
- Trader Joe's: Campbell & Limberlost, Grant & Swan, Speedway & Wilmot, N. Oracle
- Whole Foods: Speedway & Country Club, River & Craycroft, Oracle & Ina

## INTERNATIONAL MARKETS

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- Ada Imports
- Babylon Market
- Caravan Middle Eastern
- European Market

- Grant-Stone Supermarket
- G & L
- India Food & Gifts
- International Food Market
- Lee Lee Oriental Supermarket
- Nur Market
- Roma Imports

## BAKERIES

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Includes Barrio Bread Co., Beyond Bread, Dedicated Gluten Free, La Estrella, La Baguette, Gourmet Girls Gluten Free, and others.

## COFFEE / INFORMAL / DINER

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Includes Raging Sage, Prep & Pastry, Epic Café, Savaya Coffee Market, Cup Café, Blue Willow, La Cocina, and more.

## INTERNATIONAL

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Includes Miss Saigon, Inca's Peruvian Cuisine, Guilin, Ceedee Jamaican, Indian Oven Cuisine, Sushi Garden, Kimchi Time, Zayna, Zemam's, and others.

## ICE CREAM / GELATO

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Includes Frost, Hub Creamery, Allegro Gelato, Isabella's Ice Cream, Screamery, Raspados.

## MEXICAN

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Includes El Charro, Poco & Mom's, Mi Nidito, Guadalajara Grill, Los Tacos Apson, El Sur, Tumerico, Taquería Pico de Gallo, Tucson Tamale Company, and more.

## ON / AROUND CAMPUS

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Includes Gentle Ben's, Kababeque, Cheba Hut, Miss Saigon, Time Market, Arizona Inn, UArizona Student Union options.

### PIZZA

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Includes Empire Pizza, Magpie's, Brooklyn Pizza, Rocco's Little Chicago, Falora, No Anchovies, Oregano's, Vero Amore.

### SPECIAL OCCASION

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Includes Arizona Inn, Feast, Contigo Latin Kitchen, Vivace, The Grill at Hacienda del Sol, Wild Garlic Grill, Ra Sushi.

### SUNDAY BRUNCH

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Includes Snooze, Baja Café, Prep & Pastry, Millie's Pancake Haus, Frank's, Tanque Verde Guest Ranch, La Paloma.

### VEGETARIAN

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Includes Tumerico, Lovin' Spoonful, Urban Fresh, Govinda's Buffet, Tania's 33, The Garden Kitchen cooking classes.

### FOOD TRUCK EVENTS

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Tucson has a lively food truck scene with weekly rallies and big seasonal events. The Food Truck Roll Up at Casino Del Sol brings 20+ trucks, music, and shaded seating on select summer nights, while the Jácome Plaza Rally downtown runs every Tuesday and Thursday for easy lunch options. For daily schedules and locations, the Tucson Food Trucks directory tracks which trucks are serving across the city.

### HEALTHCARE

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Tucson has a range of healthcare options for students, from affordable dental and vision services to alternative clinics. Here's a guide to help graduate and international students access care.

## GENERAL MEDICAL CARE

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- **Campus Health Services (CHS):** Provides primary care, urgent care, lab tests, immunizations, pharmacy, and women's health services. Located at 1224 E. Lowell Street. Visit: [health.arizona.edu](http://health.arizona.edu)
- **Banner – University Medical Center Tucson:** Major hospital and trauma center. Location: 1501 N. Campbell Ave. Website: [bannerhealth.com](http://bannerhealth.com)
- **El Rio Health:** Offers comprehensive medical, dental, and behavioral health services at locations across Tucson. Sliding scale available. Website: [elrio.org](http://elrio.org)
- **Clinica Amistad:** Nonprofit clinic offering free or low-cost care to uninsured individuals. Website: [clinicaamistad.org](http://clinicaamistad.org)

## DENTAL CARE

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- **Campus Health Dental Clinic:** Preventative care, cleanings, and basic dental procedures. Website: [health.arizona.edu/dental](http://health.arizona.edu/dental)
- **Pima Community College Dental Hygiene Clinic:** Low-cost cleanings and screenings. Website: [pima.edu](http://pima.edu)
- **El Rio Dental Clinics:** Full dental services across several locations. Website: <https://elrio.org>

## VISION CARE

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- **Campus Optical:** Affordable eye exams and glasses; accepts many insurances. Located at Campus Health. Website: [health.arizona.edu/optical](http://health.arizona.edu/optical)
- **Costco, Walmart, and Sam's Club Vision Centers:** Budget-friendly eyewear and exams (membership may be required).
- **Nationwide options:** LensCrafters, Eyemart Express, and local Tucson optometrists

## ALTERNATIVE & COMPLEMENTARY CLINICS

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- **UA Integrative Medicine Clinic:** Affiliated with Andrew Weil Center; services include acupuncture and holistic primary care. Website: [integrativemedicine.arizona.edu](http://integrativemedicine.arizona.edu)

- **Arizona School of Acupuncture & Oriental Medicine:** Offers reduced-cost services through its teaching clinic.
- **Community Acupuncture Tucson:** Sliding scale acupuncture in a community setting. Website: [communityacupuncturetucson.com](http://communityacupuncturetucson.com)

## INSURANCE

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- **UA Student Health Insurance Plan (SHIP):** Optional comprehensive coverage for eligible students. More info at: [health.arizona.edu/insurance](http://health.arizona.edu/insurance)
- **Campus Health Billing Office:** Help with insurance forms and billing questions.
- **Marketplace Options:** International and domestic students may also qualify for ACA plans through [healthcare.gov](http://healthcare.gov)

## KIDS CORNER

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For parents moving to a new place, childcare is one of the most stressful parts of the transition. Here are some ideas for three childcare options: babysitters, home daycare, and preschools/daycare.

### SITTERS

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If you can set up a childcare exchange with other parents, that would be ideal. If you are looking for regular babysitters, begin by asking around. Check the Coverdell Fellows WhatsApp! Another option is to look for babysitters on platforms like [care.com](http://care.com) or [sittercity.com](http://sittercity.com). A third option is to email the Family Studies and Human Development undergraduate program at the UArizona—they may be willing to share babysitter requests with their students. Be sure to do your homework and thoroughly check out potential babysitters.

### HOME DAYCARE

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For children under 2 years old, there are many home care providers. As anywhere else, the quality of home care ranges from incredibly wonderful to horrific. Word of mouth is the best way to find good home care providers, but that is tricky if you're new to Tucson. If you don't have many personal connections, try calling reputable preschools and asking for recommendations.

Arizona Child Care Resource & Referral provides a search tool to help parents find economical childcare options in Tucson: [azccrr.com](http://azccrr.com)

Additionally, UArizona offers a **child care subsidy for students**, depending on income. Applications must be submitted annually for each fiscal year (July–June). More info: [lifework.arizona.edu](http://lifework.arizona.edu)

## PRESCHOOLS

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The quality of preschools varies tremendously. Talk to parents and look for a place with little staff turnover—if the teachers are happy, the children probably will be too. Start as early as possible! Here are some preschools recommended near campus:

- Head Start
- St. Mark's Preschool
- Desert Springs Children's Center
- Second Street Children's School

Other schools to consider include local Montessori programs, Tucson Waldorf School, Jewish Community Center, and Desert Sky Community School.

## SCHOOL-AGED CHILDREN

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Tucson offers a range of public, charter, and private schools. Use [greatschools.org](http://greatschools.org) to compare options based on academic performance, extracurriculars, and more.

**Tucson Unified School District (TUSD)** is the largest district in Southern Arizona and offers a variety of programs, including magnet schools and dual-language tracks. Schools such as **Sam Hughes Elementary** and **Tucson High Magnet School** are popular with UArizona families.

Check out:

- [TUSD School Directory](http://TUSD School Directory)
- AZ School Report Cards

Some Tucson schools, like **University High School** and **BASIS Tucson**, regularly appear in national rankings for academic excellence.

## ESL COURSES

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English as a Second Language (ESL) programs in Tucson support international students, professionals, and community members in developing language skills for academic, professional, and daily life.

### UNIVERSITY OF ARIZONA ESL PROGRAMS

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- **CESL (Center for English as a Second Language):** Offers full-time intensive English, academic English support, and teacher training programs on campus. [cesl.arizona.edu](http://cesl.arizona.edu)
- **Writing Skills Improvement Program (WSIP):** Provides writing workshops targeted to graduate students and second-language learners. [wsip.arizona.edu](http://wsip.arizona.edu)

### COMMUNITY & CONTINUING EDUCATION

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- **Pima Community College ESL Courses:** Non-credit, low-cost English courses at multiple locations. Website: [pima.edu](http://pima.edu)
- **Literacy Connects Tucson:** Offers free or low-cost ESL classes, conversation groups, and tutoring. Website: [literacyconnects.org](http://literacyconnects.org)
- **International Rescue Committee (IRC):** ESL and resettlement services for refugees and immigrants. Website: [rescue.org/united-states/tucson-az](http://rescue.org/united-states/tucson-az)

### PUBLIC LIBRARY PROGRAMS

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- **Pima County Public Library** hosts ESL conversation circles, job-readiness support, and online tools (e.g., Mango Languages, Pronunciator). Website: [library.pima.gov](http://library.pima.gov)

These programs offer flexible schedules, from intensive full-time courses to casual conversational practice. Many are free or affordable, and excellent for meeting other learners in Tucson

### BANKS & FINANCES

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Opening a local bank account and managing your finances effectively is essential as a new student in Tucson. Below are banking options, financial tips, and credit union opportunities.

### BANKING OPTIONS

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Most banks offer student accounts with low or no monthly fees. Popular national and regional banks near campus include:

- **Bank of America** – 333 N. Wilmet Rd.
- **Chase Bank** – 250 N. Campbell Ave. & other locations
- **Wells Fargo** – 802 N. Park Ave. (inside the UArizona Student Union)
- **PNC Bank** – Several branches in Tucson
- **US Bank** – Branch at 888 E. University Blvd.

## CREDIT UNIONS

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Credit unions typically offer better rates on savings and loans than banks. Some popular options include:

- **Vantage West Credit Union** – [vantagewest.org](http://vantagewest.org)
- **Arizona Federal Credit Union** – [arizonafederal.org](http://arizonafederal.org)
- **Pima Federal Credit Union** – [pimafederal.org](http://pimafederal.org)

To open an account, bring your passport, student ID, and proof of address (e.g., lease agreement or utility bill). Many institutions also require a Social Security Number (SSN) or Individual Taxpayer Identification Number (ITIN).

## FINANCIAL TIPS

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- Track your spending using free apps like Mint or YNAB (You Need A Budget)
- Set up automatic transfers to savings accounts to build a cushion
- Take advantage of student discounts and local deals
- Understand your banking fees and avoid overdrafts

## DEALS & DISCOUNTS

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- Annual passes to federal lands: Use year-round at Mount Lemmon, Sabino Canyon, Madera Canyon, South Fork-Cave Creek (Chiricahua Mountains), and other national parks, forests, and Bureau of Land Management sites.
- Free days at area museums, parks, and attractions:
  - 1st Sunday at Tucson Museum of Art
  - Last Sunday of the month at MOCA
  - First Saturday Art Walk Downtown and 4th Avenue corridor
  - Smithsonian Free Museum Day
  - Free days at national parks and forests
- Groupon Tucson for deals on food, entertainment, and services
- Pima County Library culture passes for free or discounted museum entries
- Tucson Attractions Passport: Offers many 2-for-1 deals, great for visitors—download to your phone
- Tucson Originals: Locally owned restaurants offering special discounts; purchase online
- Fry's grocery store at 555 E. Grant Road offers 10% discounts to students every Tuesday.
- Local places that offer student discounts: [https://thisistucson.com/guides/article\\_06f55554-2f0a-11ed-8a23-3fd97eb27b7f.html](https://thisistucson.com/guides/article_06f55554-2f0a-11ed-8a23-3fd97eb27b7f.html)

## MAIL

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- Post office on the ground level of the Student Union
- Nearby post offices:
  - University Postal, 1718 E Speedway Blvd
  - 2100 E. Speedway
  - Postal History Foundation at 920 N 1st Ave (small post office)

- Main Post Office: 1501 S. Cherrybell St.
- Mail is processed through Phoenix—expect some delays
- FedEx and UPS are readily available on campus
- UPS offers inexpensive copies at many locations

## VETERINARY SERVICES

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For graduate students with pets, Tucson offers a variety of veterinary care providers including clinics, emergency services, and specialty care.

- **Campus Pet Care Center:** UArizona's veterinary teaching hospital offering affordable care.  
Website: [vetmed.arizona.edu](http://vetmed.arizona.edu)
- **Tucson Veterinary Hospital:** Full-service clinic with wellness, surgery, and boarding.  
Website: [tucsonvet.com](http://tucsonvet.com)
- **Emergency & 24-Hour Clinics:**
  - **Arizona Emergency Animal Hospital:** 5151 E. Broadway Blvd.  
Website: [aeah.com](http://aeah.com)
  - **Animal Emergency Center:** 4435 N. Campbell Ave.  
Website: [animalemergencycenter.com](http://animalemergencycenter.com)
- **Low-Cost Vaccination Clinics:** Offered periodically by Pima Animal Care Center and local nonprofits. Check [pima.gov/pets](http://pima.gov/pets) for schedules.
- **Pet Supply Stores:**
  - **PetSmart** and **Petco** have several Tucson locations for food, supplies, and grooming.

## EXERCISING AT UARIZONA

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### UNIVERSITY OF ARIZONA RECREATION CENTERS

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The University of Arizona offers three state-of-the-art recreation centers designed to support the health and well-being of students, faculty, staff, and community members. These centers provide a wide range of facilities and programs to cater to diverse fitness interests and needs.

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#### SOUTH RECREATION CENTER (SOUTHREC)

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*Location:* 1400 E. 6th Street, Tucson, AZ 85721

*Hours:*

- Monday–Friday: 6 a.m. – 10 p.m.
- Saturday: 8 a.m. – 9 p.m.
- Sunday: 10 a.m. – 10 p.m.

*Facilities and Services:*

- **Strength and Cardio Equipment:** Extensive selection of machines and free weights.
- **Swimming Pool:** Indoor pool with lap lanes and open swim times.
- **Climbing Center:** Indoor climbing wall for all skill levels.
- **Group Fitness Classes:** Including yoga, cycling, and HIIT.
- **Outdoor Recreation Rental Center:** Offers equipment rentals for various outdoor activities.
- **"A" Camp:** Youth day camp for children aged 5–14, providing a variety of recreational activities.

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#### NORTH RECREATION CENTER (NORTHREC)

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*Location:* 1051 E. Mabel Street, Tucson, AZ 85719

*Hours:*

- Monday–Friday: 6 a.m. – 8 p.m.
- Saturday/Sunday: 10 a.m. – 6 p.m.

*Facilities and Services:*

- **Fitness Equipment:** Comprehensive selection of machines and free weights.

- **Group Fitness Classes:** Including spin and strength training sessions.
- **Multi-purpose Courts:** For basketball and other sports.
- **ShakeSmart:** A smoothie bar offering healthy refreshments.
- **Wellness Services:** Access to wellness programs and resources.

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#### BEAR DOWN RECREATION CENTER (BEAR DOWN REC)

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*Location:* 1428 E. University Blvd., Tucson, AZ 85721

*Hours:*

- Monday–Friday: 9 a.m. – 8 p.m.
- Saturday/Sunday: Closed

*Facilities and Services:*

- **Fitness Equipment:** A variety of machines and free weights.
- **Group Fitness Classes:** A selection of classes to suit different fitness levels.
- **Wellness Programs:** Access to various wellness initiatives.

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#### MEMBERSHIP OPTIONS

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- **Main Campus Students:** Membership is included with tuition fees, granting access to all three recreation centers during the semester.
- **Arizona Online, Distance, and Microcampus Students:** Eligible for a \$149 semester membership, providing access to all facilities.
- **Faculty, Staff, Alumni, Retirees, and Affiliates:** Memberships available with various benefits, including access to fitness programs and wellness services.
- **Community Members and Families:** Memberships offered with access to facilities and programs.

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#### PROGRAMS AND SERVICES

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- **Group Fitness Classes:** A diverse schedule of classes including F45, cycling, yoga, and dance.

- **Personal Training:** One-on-one sessions with certified trainers to meet individual fitness goals.
- **Outdoor Adventures:** Organized trips and activities such as hiking, camping, and rock climbing.
- **Wellness Programs:** Initiatives focusing on mental health, nutrition, and overall well-being.
- **Intramural and Club Sports:** Opportunities to participate in organized sports leagues and clubs.

## ACCESSIBILITY SERVICES

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All recreation centers are fully accessible, meeting ADA standards. Features include:

- **Accessible Equipment:** Specialized machines and equipment for individuals with disabilities.
- **Adaptive Programs:** Inclusive fitness classes and activities.
- **Support Services:** Assistance available upon request to ensure an inclusive experience.

## CONTACT INFORMATION

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For more details on memberships, programs, and services:

- **Website:** [rec.arizona.edu](http://rec.arizona.edu)
- **Phone:** 520-621-0390
- **Email:** [recinfo@arizona.edu](mailto:recinfo@arizona.edu)

## EXERCISING AND THE GREAT OUTDOORS

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Graduate students at the University of Arizona enjoy an active lifestyle with numerous opportunities to bike, run, climb, play soccer or volleyball, and participate in many other sports and fitness activities. Whether you're into yoga, Boot Camp, golf, lifting, Pilates, spinning, swimming, tennis, or Zumba, Tucson offers abundant options to stay fit and engaged. There are also plenty of spectator events to enjoy.

## CLIMBING AND BOULDERING

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- **Rocks and Ropes Climbing Gym**

Located at 330 S. Toole Ave, this gym offers memberships and special discount nights for

students and women.

Website: [rocksandropes.com](http://rocksandropes.com)

- **The Bloc Climbing Gym**

Found at 8975 E. Tanque Verde Rd, The Bloc provides extensive training options suitable for all skill levels.

Website: [theblocclimbing.com](http://theblocclimbing.com)

## CYCLING

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Tucson is recognized as a premier cycling destination, offering a variety of routes for both road cyclists and mountain bikers.

- **The Loop:** An extensive network of paved paths connecting various parts of Tucson, The Loop is ideal for cyclists of all levels. It offers scenic views and a safe, car-free environment for biking. [reddit.com](http://reddit.com)
- **Mount Lemmon:** For those seeking a challenge, the climb up Mount Lemmon is renowned among cyclists. The route offers a steady ascent with rewarding views at the summit.
- **Gates Pass:** A popular route for both cyclists and motorists, Gates Pass provides a mix of climbs and descents with breathtaking desert landscapes. [visittucson.org](http://visittucson.org)
- **Saguaro National Park East Loop:** This 8-mile loop offers cyclists a chance to ride through the heart of the Sonoran Desert, surrounded by towering saguaros and diverse wildlife. [visittucson.org](http://visittucson.org)

## HIKING

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Tucson is a hiker's paradise, offering a variety of trails suitable for all levels of experience. Whether you're seeking challenging mountain routes or leisurely desert walks, the city's diverse landscapes have something to offer.

- **Sabino Canyon:** Located in the Santa Catalina Mountains, Sabino Canyon offers a range of trails with varying difficulty levels. The Bear Canyon to Seven Falls Trail is a popular choice, leading hikers through scenic desert landscapes to a beautiful waterfall.

- **Saguaro National Park:** Divided into two districts, East and West, Saguaro National Park showcases the iconic saguaro cactus in its natural desert habitat. The Hugh Norris Trail in the West District provides panoramic views of the surrounding area.
- **Ventana Canyon:** This trail offers a moderately strenuous hike leading to a rock arch with stunning views. It's a favorite among locals for its challenging terrain and rewarding vistas.
- **Madera Canyon:** Situated about an hour south of Tucson, Madera Canyon is known for its cooler temperatures and lush vegetation. The Meadow Trail is a short, scenic loop suitable for families.

## RUNNING

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- **Southern Arizona Road Runners (SAR):** A community of over 1,000 runners and walkers of all levels. Student discounts are available. They organize social runs like "Meet Me at Maynard's" downtown and other free group activities.
- **Races and Events:** Local trail runs, marathons, ultras, and triathlons (including the Ragnar Relay and Soma Triathlon) offer excellent training and competition opportunities. Check out "Everybody Runs," **Tucson Tri Girls**, and the **Greater Arizona Biking Association (GABA)**.
- **Tucson Trail Runners (TTR):** Specializes in ultra-distance trail running on public lands surrounding Tucson, with runs averaging 17–20 miles.
- **The Workout Group (WOG):** Meets Tuesdays and Thursdays at the Tucson Racquet & Fitness Club (6 p.m.) and at Rillito Sports Fields (5:30 a.m.). All abilities welcome; a small fee applies after introductory sessions.

## SWIMMING

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Tucson boasts many Olympic- and world-class swimmers and divers. The UArizona Rec Center offers swim lessons and lap swimming for all skill levels.

- Public pools are affordable and open year-round.
- **Ford Aqua Masters Swimming Team:** Practices daily at the Hillenbrand Aquatic Center on campus, welcoming swimmers of all paces and skill levels.  
Website: [fordaquamasterstucson.com](http://fordaquamasterstucson.com)

- **City of Tucson Pools:** The city operates several public pools, including Clements Pool, which features a 25-yard competitive course and a 144-foot water slide. Admission to all city pools is free, and they offer various programs such as lap swimming and swim lessons. Website: <https://www.tucsonaz.gov/Departments/Parks-and-Recreation/Pools-and-Splash-Pads>
- **Pima County Pools:** Pima County also provides access to public pools, including the Edith Ball Adaptive Recreation Center, which offers specialized programs for individuals with disabilities. Website: [tucsonaz.gov](http://tucsonaz.gov)
- **Private Pools:** For a more exclusive experience, private pools are available for rent through platforms like Swimply, allowing you to enjoy a pool without the crowds. Website: [swimply.com](http://swimply.com)

## MENTAL HEALTH & WELLNESS RESOURCES

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Graduate school can be both rewarding and challenging. It's essential to prioritize your mental health and well-being. The University of Arizona offers a range of resources to support you throughout your academic journey.

### COUNSELING & PSYCH SERVICES (CAPS)

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CAPS provides confidential, short-term counseling services to help students navigate personal and academic challenges. Services include:

- **Individual Counseling:** Personalized sessions to address various concerns.
- **Group Counseling:** Therapeutic groups focusing on specific topics or issues.
- **Workshops & Support Groups:** Skill-building sessions on topics like stress management and resilience.
- **Crisis Support:** Immediate assistance during urgent situations.
- **Resource & Referral Services:** Connecting students with additional resources and support. Link: [caps.arizona.edu](http://caps.arizona.edu)

Graduate students can access these services through the [Graduate Student Hub](#), which offers tailored support and resources. Link: <https://caps.arizona.edu/grad>

## WELLNESS & OUTREACH PROGRAMS

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The Graduate College's Outreach & Wellness team organizes initiatives to promote well-being among graduate students. Programs include: [grad.arizona.edu](http://grad.arizona.edu)

- **Grad Chat Meetings:** Informal sessions to discuss concerns and connect with peers.
- **Workshops & Events:** Activities focusing on stress relief, mindfulness, and community building.
- **Resource Navigation:** Assistance in finding campus and community resources.

For more information, visit the [Graduate Student Support Services for Well-being](#) page.

## ADDITIONAL SUPPORT SERVICES

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- **ABLE Clinic:** Offers evaluations for ADHD and other neuropsychological assessments.
- **Psychology Department Behavioral Health Clinic:** Provides low-cost therapy services conducted by graduate students under supervision.
- **SALT Center Psychological and Wellness Services:** Supports students with disabilities, offering counseling and wellness programs.

These services are designed to complement CAPS and provide specialized support.

## CRISIS & EMERGENCY RESOURCES

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If you're experiencing a mental health crisis, immediate help is available:

- **CAPS Crisis Support:** Call 520-621-3334 for 24/7 assistance.
- **National Suicide Prevention Lifeline:** Dial 988 for confidential support.
- **Pima County Community Crisis Line:** Call 520-622-6000 for local crisis support.

Remember, seeking help is a sign of strength. You are not alone, and support is available to help you thrive during your graduate studies.

## ENTERTAINMENT

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Finding fun and engaging events in Tucson is easy with several local resources and venues that offer a vibrant cultural scene year-round. Stay updated by checking online calendars from:

- **Tucson Weekly:** Local arts, music, food, and cultural events. [tucsonweekly.com](http://tucsonweekly.com)
- **Visit Tucson:** Official tourism site with comprehensive event listings. [visittucson.org](http://visittucson.org)
- **University of Arizona:** Campus events, lectures, and performances. [arizona.edu/events](http://arizona.edu/events)
- **Arizona Daily Star:** Local news and event calendar. [tucson.com](http://tucson.com)

## VENUES & EVENTS

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- **AVA Amphitheater & Casino Del Sol**

A premier outdoor venue hosting big-name concerts and festivals. The adjacent Casino Del Sol also features live entertainment, gaming, and fine dining.

Website: <https://www.casinodelsol.com>

- **Casa Video**

2905 E. Speedway Blvd — A beloved independent DVD and Blu-ray rental store with a vast selection and complimentary popcorn for customers. A must-visit for film lovers.

Website: [casavideo.com](http://casavideo.com)

- **Hotel Congress**

Located at 311 E. Congress St, this historic hotel hosts live music, dance nights, and cultural events in its club space. Don't miss **The Cup Café** for great food and atmosphere.

Website: [hotelcongress.com](http://hotelcongress.com)

- **Reid Park and Udall Park**

These parks regularly host free concerts, community performances, and cultural festivals throughout the year. Check local listings for schedules of music, theater, and family-friendly events.

- **Rialto Theatre**

318 E. Congress St — A historic downtown venue known for hosting a diverse range of live music acts from local bands to touring artists.

Website: [rialtotheatre.com](http://rialtotheatre.com)

- **Roadhouse Cinemas**

A locally owned first-run movie theater offering a full dine-in experience with an eclectic menu and craft cocktails. A great spot for a night out.

Website: [roadhousecinemas.com](http://roadhousecinemas.com)

- **Tanque Verde Swap Meet**

4100 S. Palo Verde Rd — A lively weekend market with everything from piñatas and tools to collectibles and antiques at bargain prices. A quintessential Tucson experience!

Website: [tvswapmeet.com](http://tvswapmeet.com)

- **The Loft Cinema**

3233 E. Speedway Blvd — A non-profit independent movie theater showcasing arthouse, foreign, and classic films. They also host film festivals and community events. Consider a membership for discounts and perks.

Website: [loftcinema.org](http://loftcinema.org)

## GOOD PLACES TO TAKE VISITORS

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### BEYOND TUCSON

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- **Kartchner Caverns State Park**

Explore stunning limestone caves on guided tours showcasing spectacular formations.

- **Bisbee and Tombstone**

Charming historic towns perfect for day trips with unique shops, galleries, and Wild West heritage.

- **San Pedro River**

Located in St. David and between Sierra Vista and Bisbee, this riparian area offers serene spots with water and trees.

- **Madera Canyon and Lake Patagonia**

Popular for hiking, birding, and fishing.

- **Mount Lemmon/Summerhaven**

A year-round mountain getaway with hiking, biking, skiing, sledding, fishing, and camping.

Don't miss the famous Cookie Cabin bakery in Summerhaven.

- **Northern Arizona and Surrounding Cities**

Visit Phoenix, Sedona, Flagstaff, and the Grand Canyon. Rafting and specialty Grand Canyon trips require advance planning.

Other reachable cities include San Diego, Los Angeles, Las Cruces, Truth or Consequences (hot springs), Albuquerque, Santa Fe, and Denver.

- **Mexico**

Visit Agua Prieta (home to Café Justo's roasting operation), Nogales, Baja California, and Puerto Peñasco beach. Experienced Fellows can guide visits safely.

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## TUCSON

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- **4th Avenue**

A lively, eclectic street filled with local shops, boutiques, restaurants, and cultural flair. Favorites include B-Line for pie, Lindy's for hamburgers, La Indita for Tohono O'odham specialties, and Pop Cycle for unique recycled treats.

- **Arizona-Sonora Desert Museum**

Adjacent to Saguaro National Park West, this world-class museum combines a zoo, botanical garden, and natural history museum. Best visited early or late, with special summer evening events.

- **Kitt Peak National Observatory**

Located west of Tucson, this observatory offers a visitor center, tours, and night sky viewing through telescopes.

- **Old Tucson Studios**

Historic movie studio and theme park with live shows and tours; scenic drive through Gates Pass is an added bonus.

- **San Xavier del Bac Mission**

Historic Spanish colonial architecture on the Tohono O'odham Reservation with special events during Christmas and Easter. Be sure to visit the farm coop and try the famous fry bread.

- **Tohono Chul Park**

Botanical garden with bistro, walking trails, and regular events like Bloom Night and Art in the Gardens. The café patio is a great brunch spot in spring or fall.

- **Tucson Botanical Gardens**

A peaceful oasis featuring plant collections, music, classes, and a partnership with Native Seed Search. Located at 2150 N. Alvernon Way.

- **Tucson Zoo at Reid Park**

Family-friendly Zoo surrounded by Reid Park, which hosts outdoor performances and offers access to baseball, golf, running, and picnic areas.

- **UA Center for Creative Photography**

A world-class museum with archives of prominent photographers, rotating exhibits, and speakers. Archive visits available by appointment.

- **Other UArizona Attractions**

- SkyCenter Observatory
- Mirror Lab
- Flandrau Science Center and Planetarium
- Biosphere 2

- **University Avenue**

Just west of campus, featuring shops, eateries, and a vibrant local atmosphere.

## FAITH & SPIRITUAL RESOURCES

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Graduate students at the University of Arizona come from a rich variety of religious and spiritual traditions. The university and the Tucson community offer many opportunities to explore, practice, and connect with faith groups and spiritual resources.

### CAMPUS FAITH & SPIRITUAL RESOURCES

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- **University Chaplaincy & Campus Ministry**

Offers interfaith support, spiritual counseling, worship services, and events for various faith traditions. Whether you are Christian, Jewish, Muslim, Buddhist, Hindu, or from any other background, the chaplaincy provides a welcoming space.

Website: [campusministry.arizona.edu](http://campusministry.arizona.edu)

- **Multifaith Prayer & Meditation Spaces**

Available on campus for quiet reflection, prayer, or meditation accommodating diverse religious practices.

- **Student Religious Organizations**

UArizona hosts numerous student faith groups including Catholic, Protestant, Jewish Hillel, Muslim Student Association, Buddhist groups, Hindu Student Council, and more. These groups organize worship, study sessions, cultural celebrations, and service projects.

## LOCAL PLACES OF WORSHIP

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- Tucson has a vibrant religious community with places of worship for almost every faith, including churches, synagogues, mosques, temples, and meditation centers. Many are active in community events and interfaith initiatives.

## CELEBRATIONS AND OBSERVANCES

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- The university community acknowledges and supports major religious holidays across faiths. Students are encouraged to communicate with professors regarding observances.

## SUPPORT & COUNSELING

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- Spiritual and pastoral counseling is available through campus ministry and local faith leaders. Many services are confidential and open to all students.

## POPULAR FESTIVALS AND EVENTS

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- **4th Avenue Street Fair**

Held twice a year in March and December, this street fair transforms 4th Avenue (from Ninth Street to University Blvd) into a lively celebration of art, music, and local vendors. The Desert Doves (Tucson's Returned Peace Corps Volunteer group), Fellows, and friends volunteer to run Artist Courtesy Carts, with funds supporting Peace Corps partner projects. It's a great way to volunteer and enjoy the festivities with friends!

- **All Souls Procession**

One of Tucson's largest cultural events, attracting over 150,000 participants. This two-mile

procession through downtown culminates with the ceremonial burning of a large urn filled with hopes, offerings, and wishes honoring those who have passed. Organized by the arts community and Many Mouths One Stomach, it includes virtual events and live streaming in early November.

- **Cyclovia Tucson**

Sponsored by Living Streets Alliance, Cyclovia closes selected streets to motorized traffic 2–4 times a year, allowing cyclists and pedestrians to safely enjoy the city. Join fellow students as volunteers or participants!

- **El Tour de Tucson**

One of the largest cycling events in the region, drawing approximately 9,000 riders. Participants choose from distances of 35, 67, 80, or 109 miles through scenic Tucson routes. The event takes place on Saturday, November 23, 2024. Early registration is recommended, and volunteering offers fun and discounted participation.

- **Tucson Gem and Mineral Show**

A world-renowned event running for over three weeks in winter (February 1–16, 2025). Thousands of exhibitors display rare gems, minerals, and fossils from around the globe. The African Village is a favorite spot for Peace Corps speakers. Hotels book up early, so plan ahead, and dinner reservations are strongly advised.

- **Tucson Festival of Books**

The third largest book festival in the U.S., held annually on the UArizona campus in March. It attracts 50,000–60,000 attendees, authors, and community members celebrating literacy, culture, and ideas.

- **Tucson Meet Yourself**

Scheduled for October 4–6, 2024, this festival celebrates the rich cultural diversity of Tucson with authentic food, arts, music, and dance from all communities. It's a vibrant event to eat, perform, enjoy, or volunteer.

- **Winterhaven Festival of Lights**

A beloved holiday tradition where the Winterhaven neighborhood is beautifully decorated with festive lights throughout December. The festival supports the Community Food Bank and includes a free fun run organized by Southern Arizona Roadrunners.

- **Tucson Rodeo & Rodeo Parade**

Known as the “World’s Oldest Rodeo,” this iconic event takes place every February and features rodeo competitions, parades, live music, and community festivities celebrating Tucson’s Western heritage. [tucsonrodeo.com](http://tucsonrodeo.com)

- **Tucson Rodeo**

The 100th annual Tucson Rodeo, also known as *La Fiesta de los Vaqueros*, will be held from **February 15–23, 2025**, at the Tucson Rodeo Grounds (4823 S. 6th Ave). This premier rodeo event features various competitions such as bull riding, barrel racing, steer wrestling, and more. [visittucson.org](http://visittucson.org)

- **Tucson Rodeo Parade**

The 100th annual Tucson Rodeo Parade will take place on **Thursday, February 20, 2025, at 9:00 a.m.** The parade route begins at South 12th Avenue and Drexel Road, proceeds east on Drexel to South Nogales Highway, then turns north, ending at Irvington Road. This historic parade is the largest non-motorized parade in the United States. [tucsonaz.gov](http://tucsonaz.gov)

- **Tickets & Viewing**

Grandstand seating tickets are available for purchase on the Tucson Rodeo Parade website. Additionally, the parade will be broadcasted live by [KOLD 13 News](http://KOLD13News).

- **Route Map & Road Closures**

Detailed information about the parade route and associated road closures can be found on the [City of Tucson's official page](http://City of Tucson's official page).

- **Parking & Accessibility**

For information on parking and accessibility, refer to the Tucson Rodeo Parade's official site.

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## IMPORTANT CONTACT INFO

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Category	Office / Service	Website	Email / Phone
<b>Graduate Student Support</b>	Graduate & Professional Student Council (GPSC)	<a href="http://gpsc.arizona.edu">gpsc.arizona.edu</a>	<a href="mailto:gpscmarketing@email.arizona.edu">gpscmarketing@email.arizona.edu</a>
	Graduate College & Graduate Center	<a href="http://grad.arizona.edu">grad.arizona.edu</a>	<a href="mailto:gradcollege@email.arizona.edu">gradcollege@email.arizona.edu</a> (520) 621-6453
	International Student Services (ISS)	<a href="http://iss.arizona.edu">iss.arizona.edu</a>	<a href="mailto:international@email.arizona.edu">international@email.arizona.edu</a> (520) 621-4321
	Counseling and Psych Services (CAPS)	<a href="http://caps.arizona.edu">caps.arizona.edu</a>	(520) 621-6490 Crisis: (520) 621-3334
	Student Health Services	<a href="http://health.arizona.edu">health.arizona.edu</a>	(520) 621-9202
<b>Safety &amp; Security</b>	University of Arizona Police Department (UAPD)	<a href="http://uapd.arizona.edu">uapd.arizona.edu</a>	Emergency: 911 Non-emergency: (520) 621-8273
	Tucson Police Department	<a href="http://pdweb.tucsonaz.gov">pdweb.tucsonaz.gov</a>	Emergency: 911 Non-emergency: (520) 791-4444
	Pima County Sheriff's Department	<a href="http://pcsheriff.org">pcsheriff.org</a>	Emergency: 911 Non-emergency: (520) 351-4900

Category	Office / Service	Website	Email / Phone
<b>Housing &amp; Living</b>	Housing and Residential Life (UArizona)	<a href="http://housing.arizona.edu">housing.arizona.edu</a>	(520) 621-4663
	Parking and Transportation Services (UArizona)	<a href="http://parking.arizona.edu">parking.arizona.edu</a>	(520) 621-3550
	Tucson Housing Authority	<a href="http://tucsonaz.gov/housing">tucsonaz.gov/housing</a>	(520) 791-4171
<b>Academic Resources</b>	University of Arizona Libraries	<a href="http://libraries.arizona.edu">libraries.arizona.edu</a>	(520) 621-6442
	Writing Center	<a href="http://writingcenter.arizona.edu">writingcenter.arizona.edu</a>	(520) 621-6427
	Tutoring Services	<a href="http://tutoring.arizona.edu">tutoring.arizona.edu</a>	(520) 621-2634
<b>Financial &amp; Legal</b>	Student Financial Services	<a href="http://financialaid.arizona.edu">financialaid.arizona.edu</a>	(520) 621-1858
	Legal Services (UArizona)	<a href="http://osas.arizona.edu/legal">osas.arizona.edu/legal</a>	(520) 621-2056
	Pima County Consumer Protection	<a href="http://webcms.pima.gov">webcms.pima.gov</a>	(520) 724-7100
<b>Campus Life &amp; Recreation</b>	Campus Recreation & Fitness	<a href="http://rec.arizona.edu">rec.arizona.edu</a>	(520) 621-2824

Category	Office / Service	Website	Email / Phone
	Student Union & Activities	<a href="http://union.arizona.edu">union.arizona.edu</a>	(520) 621-5900
<b>Community Resources</b>	Pima County Public Library	<a href="http://library.pima.gov">library.pima.gov</a>	(520) 594-5600
	Pima County Medical Services	<a href="http://webcms.pima.gov">webcms.pima.gov</a>	(520) 243-7999
	Tucson Transit (Sun Tran & Sun Link Streetcar)	<a href="http://suntran.com">suntran.com</a>	(520) 792-9222
	Arizona Department of Motor Vehicles (MVD)	<a href="http://azdot.gov/motor-vehicles">azdot.gov/motor-vehicles</a>	(602) 255-0072
<b>Emergency Services</b>	Emergency (Police, Fire, Ambulance)	—	911
	Poison Control	—	1-800-222-1222
	Crisis Hotline (National Suicide Prevention)	—	988
<b>Health &amp; Wellness</b>	Community Food Bank of Southern Arizona	<a href="http://communityfoodbank.org">communityfoodbank.org</a>	(520) 622-0525

Category	Office / Service	Website	Email / Phone
	Planned Parenthood Arizona	<a href="http://plannedparenthood.org">plannedparenthood.org</a>	(520) 624-2273
<b>Veterinary Services</b>	Tucson Humane Society	<a href="http://tucsonhumane.org">tucsonhumane.org</a>	(520) 327-6088
	Pima Animal Care Center	<a href="http://pima.gov/animalservices">pima.gov/animalservices</a>	(520) 724-5900
<b>Miscellaneous</b>	University Ombuds Office	<a href="http://ombuds.arizona.edu">ombuds.arizona.edu</a>	(520) 621-2051
	Title IX Office	<a href="http://titleix.arizona.edu">titleix.arizona.edu</a>	(520) 621-7293

#### AKNOWLEDGEMENT

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