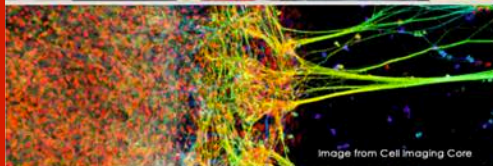


# Bioscience PhD Programs

## THE UNIVERSITY OF UTAH



***WELCOME! Here's a bit of insight into the lives of your  
Graduate Student Lead Hosts, Salt Lake City & our  
exceptional, collegial scientific community here at the UofU!***



<http://bioscience.utah.edu/>

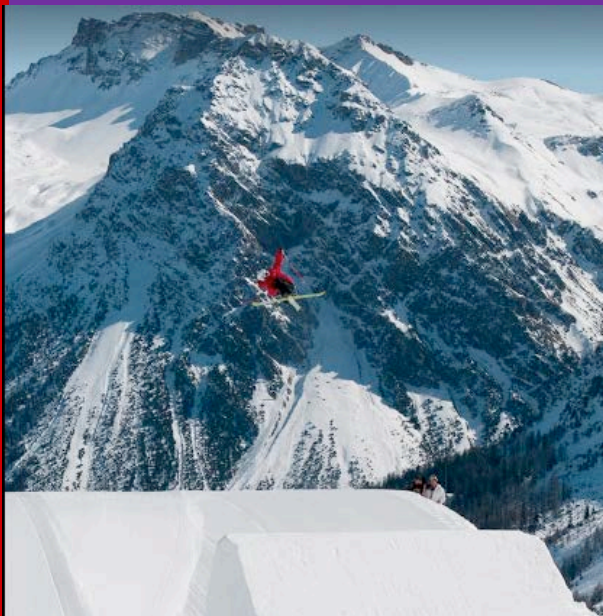


Sunset Winter Stroll along the Great Salt Lake, Utah

- **Meet fellow Bioscience Graduate Students**
- **LIVING IN UTAH: 10 Reasons to do Graduate Studies in Utah**
- **Salt Lake City's Lower Cost of Living**
- **Overview of Salt Lake City Neighborhoods, Terrain & Parks**
- **Salt Lake City's Robust Transportation System**
- **Salt Lake City's Vibrant & Eclectic Cultural Scene**



# Meet fellow Bioscience Graduate Students...



**Rent: \$600 + Utilities for a shared house**  
**Rides his bike or drives to campus**



**Erik Hughes, a 3rd year in Dean Tantin's lab, is from Salt Lake City and did his undergrad at Westminster College. He resides in the popular Sugarhouse neighborhood.**

Erik loved Salt Lake City so much, he couldn't leave! He especially enjoys its close proximity to the desert and mountains, where he can enjoy many of his past times!

Foodie Favorites: Hector's Mexican food. Bombay house. Sabato bakery. Tulie bakery.

Erik especially enjoys skiing, hiking up Millcreek, riding his mountain bike, or backpacking in the Uintas, live music Red Butte concert series, & attending local fundraisers (Utah Avalanche Center). During his undergrad, Erik was a professional slopestyle skier. Check him out!!



**Chelsea Gosney, 3rd year, in the Caron lab, School of Biological Sciences, originally from Wisconsin, did her undergrad at Lawrence University**

Chelsea lives in the Downtown neighborhood;  
Rent: \$750 per month;  
commutes to The U by bus

Chelsea enjoys how close the mountains are to the city, and spends a significant amount of time at the Gullivan Center, where she can watch movies and band performances in the summer and ice skate in the winter! During her down time, you can also catch Chelsea perfecting her techniques in aerial silks!



Some of Chelsea's favorite cultural events are Damn these Heels, a queer film festival, and Love Loud, a musical festival featuring queer artists aimed to support LGBTQ+ youth.

# Meet fellow Bioscience Graduate Students...

**Nathan Burns, 2<sup>nd</sup> year in Gab Kardon's lab, Dept of Human Genetics, from North Canton, Ohio, did his undergrad at Miami University in Oxford, Ohio**



I live in the Avenues neighborhood in a 1 bedroom/1 bathroom apartment that includes covered off-street parking, in-unit washer/dryer, and an additional storage shed. Rent is \$900/month + utilities, which are about \$30/month. It takes about 10 minutes to get to/from lab on the bus (free!), but I also like to walk (45 minutes to/from lab) and ride my bike (25 minutes to lab/10 minutes to get home).

There are so many great things about living in Salt Lake! I love how close it is to anything you want to do outdoors. There are also tons of great restaurants, bars, parks, and shopping. I really like to go to Sugarhouse Park, which is about 5-10 minutes south of campus. Outside of lab, I go hiking, skiing, camping, and hang out with friends. One of my quarantine activities has been learning photography, and I've really enjoyed picking it up! In the summer, I like hiking in the cottonwood canyons, which is about a 30 minute drive, but for a weekend going to a national park is easy and only a couple of hours by car.

If I'm looking for a good dinner, I will often go to Sawadee (Thai), Cafe Shambala (Tibetan), or Pie Pizzeria (pizza place with both traditional and specialty pizzas) - all are close and very affordable! One of my favorite cultural spots is the Utah Symphony, which has fantastic performances and often has student discounts! I am also looking forward to all of the cultural fairs (Greek Festival, Italian Festival, etc.) when COVID is gone.

**Niki Williams, a 2<sup>nd</sup> year in the Marth lab, Dept of Human Genetics, hails from Flagstaff, AZ & did her undergrad at Northern Arizona University**



I live in a three-bedroom house in Bountiful, with two roommates and two dogs. I pay \$600 per month in rent. My commute is around 25 minutes and I drive. The best thing about living in SLC is how close we are to mountains, lakes, and National Parks. My favorite place to go is the mountains. Outside of the lab, I hang out with people I have met in the program, hike, snowboard, or play with my dog. As far as things to do in SLC, I enjoy trying all the breweries around SLC.





# Meet fellow Bioscience Graduate Students...



**Julio Fierro, 2<sup>nd</sup> year, is in the Roh-Johnson Lab, Dept of Biochemistry. Originally from Mexico, he grew up in Salt Lake City, UT, & went to Harvard University in Cambridge MA.**

Having lived in SLC for most of my life, I've been able to see the city develop over the years while still maintaining the outdoorsy and "small-city" vibe that made me fall in love with it growing up. I honestly think that the city is at a great point in its continuing development and right now is the ideal time to move here, especially for young adults and professionals.

The city has a lot of great places to live in; personally, I grew up in the Liberty Park/9<sup>th</sup> & 9<sup>th</sup> area, moved to the Trolley Square neighborhood for the start of graduate school and currently live in the Downtown area. My current cost of living in Downtown with another graduate student in the program is ~900 dollars a month for a 2 bedroom apartment and all the utilities. The U is about a 10-15 minute drive or 30 minute commute through TRAX, which are the two forms of transportation that I alternate between.

I've found that each area offers something unique in terms of community and accessibility, which has made living in SLC a ton of fun. Given the relatively small size of the city, it's also really easy to go explore other neighborhoods outside of your own! Pre-COVID I loved going out and exploring different coffee shops and restaurants around the city (shoutout to Three Pines Coffee and Eva's Bakery, which are conveniently right next door to each other). I also spend a fair amount of time hiking and running on the trails around the City Creek and Emigration Canyon areas (socially distant right now, of course). SLC and Utah also have various other events and spots to offer from the Sundance Film Festival to the Pioneer Park Farmers Markets to the incredible ski resorts to all the national parks and too many other things to list (though feel free to reach out and ask me about everything that's going on around the city!). I thoroughly hope that you all join the program and get to experience and enjoy the incredible city that Salt Lake is!



**Brooke Gates, 2<sup>nd</sup> year in Ben Spike's lab, Dept of Oncological Sciences, from Centennial, Colorado, did her undergrad at University California, Davis**

I recently bought a home in the West Valley City area with a mortgage of \$1,450/month for a 3 bedroom 2 bath house with a large yard. I typically drive to campus which takes ~30 minutes.

My favorite part of Salt Lake City is the mixture of city life paired with being extremely close to the outdoors. I love heading up to Millcreek Canyon with my dog or the Cottonwood Canyons for skiing in the winter. Additionally, The Tabernacle and The Bayou are two of my favorite places for food, drinks, and entertainment. Outside of lab you can usually find me either hiking, camping, skiing, baking, or taking care of my plant collection. I also especially enjoy going to the Sundance Film Festival in late January!

# Meet fellow Bioscience Graduate Students...

**Paul Spaltenstein, 2<sup>nd</sup> year in Michael Kay's lab, Dept of Biochemistry, who is originally from Switzerland, spent high school in Washington state, & did his undergrad at Western Washington University, in Bellingham, WA**



My partner and I live with our two puppies in a house in Liberty Wells. Rent is 700/month with utilities. It takes me 20 min to drive to upper campus. Most days, I use TRAX or the bus. It adds 15 min to my commute.

**Best thing you like about living in SLC?**

There are so many ways to have fun, relax, and enjoy life! People at the U understand the importance of work-life balance.

**Favorite places you like to go?**

Moab UT. Best mountain biking spot!

**Favorite thing you like to do OUTSIDE of the lab?**

Mountain biking, climbing, snowboarding, and hiking.

**Favorite Cultural spot(s), restaurants, events or activities in the city or surrounding area?** SLC has so many great parks! I love taking the dogs to Liberty park. There's always something fun going on there, especially in the summertime.

**Helena Hopson, 2<sup>nd</sup> year in Ellen Leffler's lab, Dept of Human Genetics from Plano TX, did her undergrad at Texas A&M University**

I reside in the Sugarhouse neighborhood. My rent is \$700 a month in a 3 bed/3 bath house with roommates. I take the bus or drive to lab and my commute time is ~30 minutes by bus and ~15 minutes by car.



**Best thing you like about living in SLC?**

My favorite part about SLC is the number of outdoor activities accessible during all seasons. Outside of lab, my favorite thing to do is explore surrounding state and national parks. Additionally, I like to visit breweries and coffee shops in the city.



# Meet fellow Bioscience Graduate Students...



**Travis Tu'ifua, 2<sup>nd</sup> year**  
in Clement Chow's lab, Dept of Human Genetics, from  
Kinston, North Carolina, did his undergrad at  
University of Utah

***Neighborhood you live in?***

Live just off campus in the married student housing;  
University Student Apartments – West Village.

***Approximate Cost for housing?***

Rent; I pay about \$1100 for a 3 bedroom, 1 bathroom

***Commute time?***

Using the bus – 5-10 min commute

***How do you get to lab?***

Public Transportation

***Best thing you like about living in SLC?***

There is hardly any traffic. Bad traffic here is not serious.



***Favorite places you like to go?***

Hogle Zoo, Natural History Museum,  
Aquarium, Thanksgiving Point

***Favorite thing you like to do  
OUTSIDE of the lab?***

Spend time with my wife and  
daughters.

***Favorite Cultural spot(s),  
restaurants, events or activities in  
the city or surrounding area.***

Restaurants: Hoho Gourmet, Sushi  
Yah, Mekong Café

# Salt Lake City's Lower Cost of Living



## **BENEFITS:**

**\$29,712 Annual Stipend**

**Waived Tuition**

**\$1,000 Starting Allocation**

**Health Insurance Provided**



## LIVING IN UTAH: 10 Reasons to do Graduate Studies in Utah

<http://www.bioscience.utah.edu/prospective/living-in-utah.php>

### 1. World-class research

Utah is a recognized leader in many areas of Molecular, Cellular & Chemical Biology. For example, gene mapping and gene knockout/replacement were both developed here, making Utah a center for gene discovery and functional analysis. Bioscience faculty member, Mario Capecchi won the Nobel Prize in Physiology and Medicine 2007 for his pioneering work discovering principles to knockout genes in mice.

[https://www.nobelprize.org/nobel\\_prizes/medicine/laureates/2007/](https://www.nobelprize.org/nobel_prizes/medicine/laureates/2007/)

### 2. Diverse graduate students

We do world-class research because we have a great community of students, postdocs, and faculty, each with a diverse background, & vibrant SACNAS Chapters <https://biochem.web.utah.edu/sacnas/index.html>. Over 450 students have received the PhD degree in the two programs since their inception in 1987 (Molecular Biology) and 1991 (Biological Chemistry). <https://gradschool.utah.edu/diversity/>

<http://www.bioscience.utah.edu/prospective/student-diversity.php>

### 3. Superb graduate training

Utah faculty show their commitment to graduate training through both teaching and mentorship. Students are offered excellent core courses and advanced courses that cover a broad range of disciplines. Faculty also serve on advisory committees that monitor student progress and help promote the student to graduation. Moreover, because of the highly collaborative nature of the science community at the University of Utah, students have many opportunities for truly interdisciplinary training.



Spring Hike at the Bonneville Shoreline Trail along Univ of Utah Campus; Great Salt Lake in the distance.

## LIVING IN UTAH: 10 Reasons to do Graduate Studies in Utah

<http://www.bioscience.utah.edu/prospective/living-in-utah.php>

### 4. Interactive academic environment

There are many formalized interactions between students' lab groups and departments including journal clubs, specialized research interest groups, and seminar series, all of which provide venues for collaboration and brainstorming.

### 5. Resources

Utah is consistently ranked as one of the best funded public research Universities in the country. Utah has exceptional core facilities that can make a big difference in students' progress, including DNA deep sequencing, DNA microarray, microscopy, flow cytometry, metabolomics, bioinformatics, biostatistics, mass spectrometry/proteomics, synthetic and medicinal chemistry, NMR, cell imaging & CZAR zebrafish. Visit <http://cores.utah.edu/>

### 6. Free public transportation

Students can ride public transportation for free with their student IDs. A wide network of transit options makes transportation throughout Salt Lake City & County easy to navigate.

**7. Best snow on earth** Powder to the people! Seven world-class ski resorts are within 30 minutes of the University, nestled in the Wasatch Mountain canyons. Ski buses provide easy access to several resorts. <https://www.visitutah.com/plan-your-trip/plan-your-ski-trip/current-conditions/>



Hike to Lake Blanche  
Sundial Peak towering above, Big Cottonwood Canyon



## LIVING IN UTAH: 10 Reasons to do Graduate Studies in Utah

<http://www.bioscience.utah.edu/prospective/living-in-utah.php>

### 8. Mountain biking, hiking, rock climbing

Utah is a great place for slickrock biking and hiking, and the state has hundreds of miles of trails through mountains, canyons, and deserts. The Bonneville Shoreline Trail cuts right through campus. Utah is home to Monument Valley, Lake Powell, and five spectacular National Parks: Bryce Canyon, Arches, Canyonlands, Capitol Reef and Zion. An array of canyon roads offers wonderful opportunities for road cycling. [Mountain Bike Trails](#), [Rock Climbing](#), [Indoor Climbing](#), [Hiking Trails](#)

### 9. Cultural activities

Salt Lake City has a nationally recognized symphony, dance companies, theater, and Utah Jazz basketball. The internationally renowned Sundance Film Festival occurs annually in Park City. Various cultural festivals throughout the year offer inexpensive opportunities to enjoy food, entertainment, and art.  
<https://www.visitsaltlake.com/things-to-do/arts-culture/> <https://www.cityweekly.net/utah/utah/EventSearch> - /  
<https://www.visitsaltlake.com/blog/stories/post/culture-guide-to-salt-lake/>

### 10. Great lifestyle

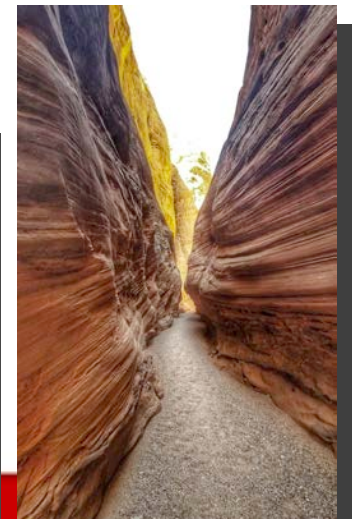
Salt Lake City has a very reasonable cost of living, and has been rated the Most Desirable Place to Live by many prominent magazines. Compare Salt Lake City Cost of living to other cities:

<http://www.bankrate.com/calculators/saving/s/moving-cost-of-living-calculator.aspx>

<https://www.bestplaces.net/cost-of-living/>



Goblin Valley State Park, Utah



Little Wild Horse Canyon, Utah

# Overview of Salt Lake City Neighborhoods, Terrain & Parks





# Overview of Salt Lake City Neighborhoods, Terrain & Parks



Park City Resort, UT



# Overview of Salt Lake City Neighborhoods, Terrain & Parks





# Overview of Salt Lake City Neighborhoods, Terrain & Parks

## Salt Lake's Eclectic Neighborhoods

<https://www.visitsaltlake.com/blog/post/2016/9/9-Hippest-Neighborhoods-of-Salt-Lake/8367/>

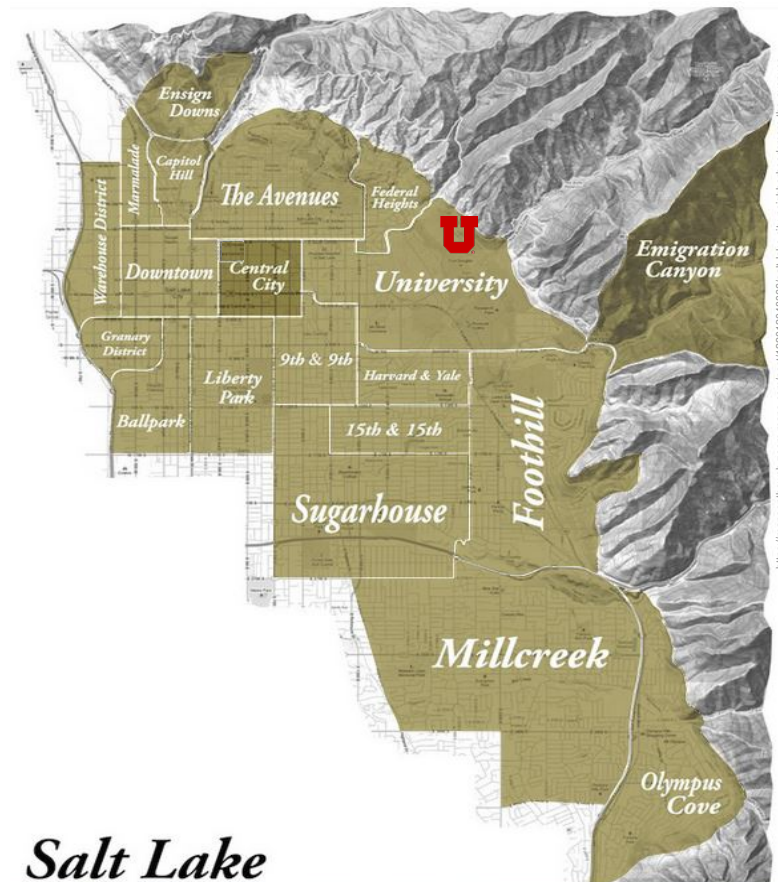
Salt Lake's [diverse spirit](#) and eclectic collection of hip neighborhoods has powered a cultural boom in the mountain and desert urban center. As a constellation of trendy, emerging neighborhoods, Salt Lake is cool in ways other than just snow and slopes. If you haven't seen the new frontier of hip, these up-and-coming neighborhoods are taking it to the next level in the high-altitude haven that is the new Salt Lake.

## Downtown

The heart of the revitalized Salt Lake is found [downtown](#), where a clean and bustling scene bursting with shops, restaurants and nightlife hotspots serves as the center of your Salt Lake experience. Downtown Salt Lake is full of unexpected surprises, with a steady stream of art gallery hops and festivals, a ripe and juicy [Downtown Farmers Market](#) and chic adventures awaiting on the [Ski City Downtown Bar Crawl Challenge](#). Getting around Salt Lake's downtown is a breeze, with state-of-the-art public transit available or the ultramodern [GREENbike SLC](#) bike-sharing program.

## The Avenues

Few US cities are laid out as easily and intuitively as Salt Lake, but there's nowhere easier to get around than the perfectly grid-like and inviting neighborhood called [The Avenues](#). Perhaps the quirkiest and artsiest neighborhood of Salt Lake, The Avenues combines beautiful historic residential neighborhoods with hip contemporary features like yoga and Pilates studios, spas and bed-and-breakfasts.



*Salt Lake*

# Overview of Salt Lake City Neighborhoods, Terrain & Parks

## Capitol Hill

But there are plenty of other treats for your eyes (and camera!) from Capitol Hill, with an architecturally diverse array of gothic and Victorian homes, world-class hiking and biking on the [Bonneville Shoreline Trail](#), and even restaurants that let you dine on the roof while enjoying the incomparable views.

## Central City (Liberty Park, 9<sup>th</sup> & 9<sup>th</sup>, 15<sup>th</sup> & 15<sup>th</sup>)

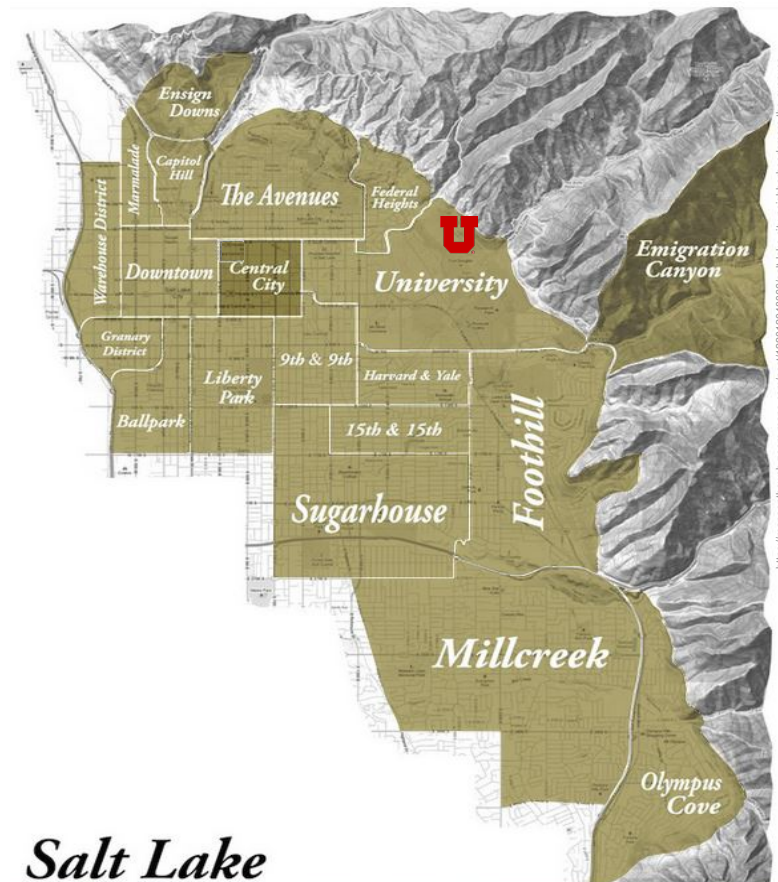
[Central City](#) is where a college town vibe combines with family-friendly flair with an eclectic set of attractions for everyone—including dogs. Outdoor attractions are highlighted by the off-leash, dog-friendly Herman Franks Park, the outdoor art museum elegance of the [Gilgal Sculpture](#) Garden, and the playground, picnicking and pools of the spacious [Liberty Park](#). Central City serves as the forefront of Salt Lake's ethnic food renaissance with a range of international cuisine options, and a headquarters for mountain, hiking and biking enthusiasts with lots of shops to help gear you up for extreme sports.

## University/Foothill

There's a true college town energy in the [University/Foothill neighborhood](#), home of the esteemed [University of Utah](#) campus and 30,000 of the coolest college kids you'll ever meet. The clubs, bars and restaurants mix a college and professional vibe; vintage and indie shops preserve a counterculture beat; and art museums, arboretums and theaters make University/Foothill one of Salt Lake's can't-miss cultural hubs.

## Sugar House

One of Salt Lake's oldest neighborhoods has been sweetened up with a 21st century wave of vanguard shops, restaurants and condos, but the [Sugar House District](#) still retains Salt Lake's artisan flair. Sugar House remains the epicenter of the "shop locally" movement, with a diverse, eclectic lineup of art galleries, bookstores and boutiques in its now-booming business district. The centerpiece of the neighborhood is the breathtaking and scenic Sugar House Park, 110 acres of gorgeous rolling hills packed with bike trails, lakes and forest, all surrounded by spectacular views of the majestic Wasatch Mountains.



*Salt Lake*



# Overview of Salt Lake City Neighborhoods, Terrain & Parks

## Millcreek/Holladay

Take note, outdoor adventure types because [Millcreek](#) and [Holladay](#) are the gateways to skiing, hiking and mountain climbing in the mighty Wasatch Mountains that surround Salt Lake. There's even [indoor rock climbing](#) in Millcreek, plus other rainy-day indoor activities like bowling, retro arcades and hipster and biker bars.

Hip Salt Lake is hopping to a different beat that deserves to be discovered, and each of these distinct microhoods is leading Salt Lake's cultural transformation. With extreme [outdoor sports](#), boutique and glamorous [shopping](#), and a collection of cafes, restaurants and nightclubs that makes this western town the new frontier of cool, these neighborhoods show the best of the new Salt Lake, whether from the mountaintops, sea level or anywhere in between.

<http://www.bioscience.utah.edu/prospective/living-in-utah.php>

<http://boudina.u2m2.utah.edu/utah-living/> <http://www.visitsaltlake.com/>

<http://www.biophysics.utah.edu/utah.html>

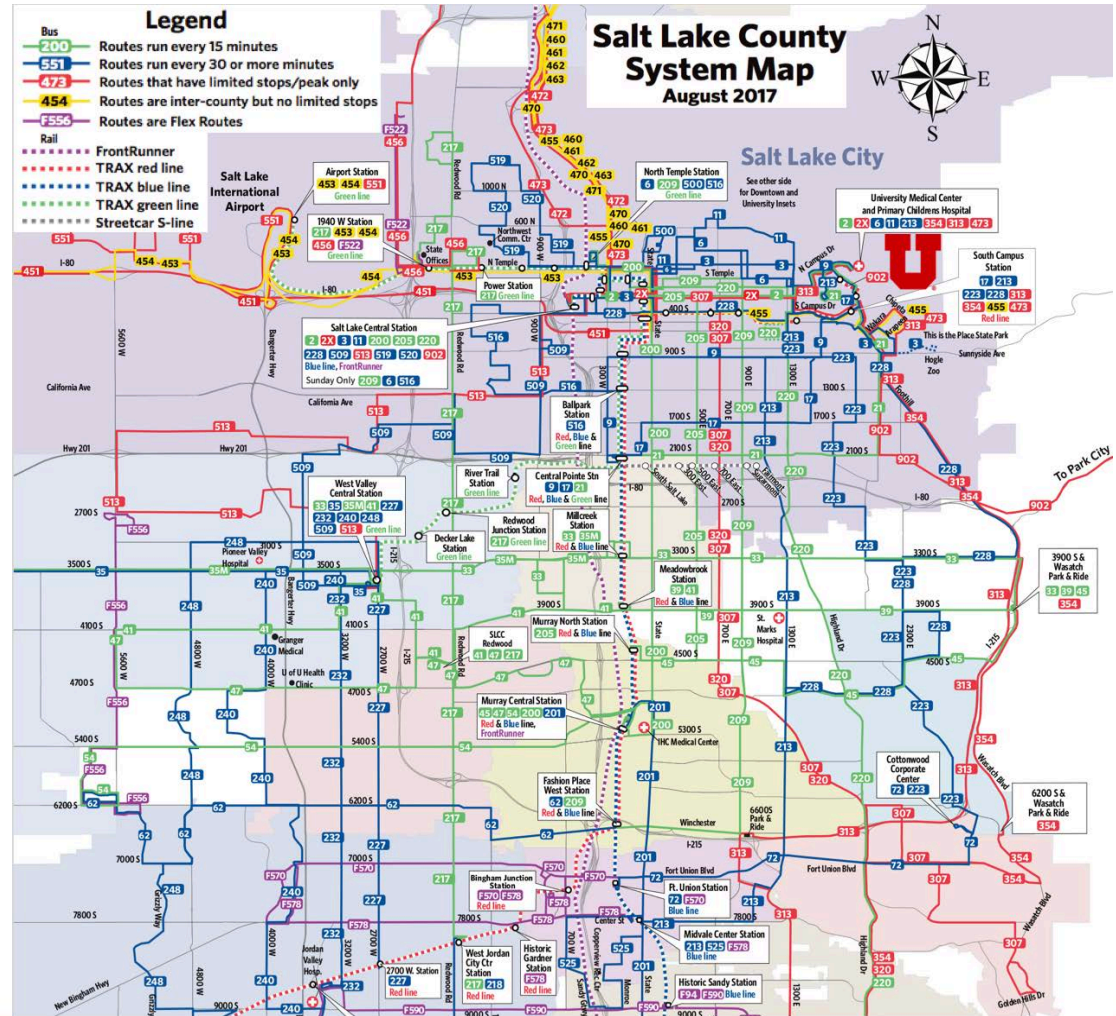
[http://www.gradschool.utah.edu/why\\_utah/index.php](http://www.gradschool.utah.edu/why_utah/index.php)



*Salt Lake*

# Salt Lake City's Robust Transportation System

- Buses, TRAX (light rail system), & commuter trains provide **FREE** public transportation for all students & staff at the UofU, with convenient access to the airport, shopping centers, park & ride lots, ski resorts, the University of Utah & many community destinations and across the valley.
- <https://www.rideuta.com/>  
<https://www.visitsaltlake.com/getting-around/public-transportation/>





# Salt Lake City's Vibrant & Eclectic Cultural Scene

- [About Salt Lake City & its Surroundings](#)
- [Salt Lake Community Diversity](#)
- [Bioscience Student Diversity](#)
- [LGBTQ Friendly Salt Lake](#)
- [Ski City](#)
- [Outdoor Recreation & Parks](#)
- [Culture Guide to Salt Lake](#)
- [Festivals & Special Events](#)
- [Live Music & Concerts](#)
- [Performing Arts](#)
- [Arts & Museums](#)
- [Salt Lake for the Urban Art Connoisseur](#)
- [Restaurants & Bars](#)
- [Farmer's Markets](#)
- [Nightlife & Entertainment](#)



[Attractions & Historic Sites](#)

[Kids & Families](#)

[Sports & Outdoors](#)

[Professional Sports](#)

[Events](#)

[Sundance Film Festival](#)

[Salt Lake's Neighborhoods](#)

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[Visiting Salt Lake - Things To Do](#)

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