

UNIVERSITY OF COLORADO DENVER | ANSCHUTZ MEDICAL CAMPUS

Delve into your postdoctoral research at the University of Colorado Denver, where postdocs work side-by-side with internationally recognized faculty in a collaborative environment. In 2010, it was designated as the nation's seventh of the "Best Places to Work for Postdocs" by *The Scientist* magazine. With research activities available throughout 13 schools and colleges on two campuses, postdocs can target their research from a wide range of choices that include architecture, biological and biomedical sciences, engineering, pharmacy, dental medicine, public health and many other areas.

ANSCHUTZ MEDICAL CAMPUS.

At this 227 acre state-of-the-art health sciences facility, today's science has maximum freedom to create tomorrow's health care solutions. Backed by more than \$400 million awarded annually in research funding, scientists explore new ideas in 22 core labs and through clinical trials at on-site affiliate hospitals. The university's Technology Transfer



Office, ranked among the nation's top 20 in universities creating start-up companies, and connections to neighboring as well as international bioscience firms facilitate a bench-to-bedside process in support of healthier communities.



DENVER CAMPUS. Located in the heart of a thriving urban environment, the downtown Denver Campus showcases a new science building that houses the latest technology and resources necessary to conduct innovative research and teaching. Labs throughout the campus provide research opportunities in geographic information systems, biology, high-performance communications, and engineering. Unique research collaborations

at the university lead to breakthroughs in understanding the deeper nature of human wellness and to solutions for designing a more sustainable future for communities.

Set against Colorado's panoramic Rocky Mountains—in a city noted as one of the country's "most livable cities" by Forbes magazine—the University of Colorado Denver is an ideal environment for advancing research.

SUPPORT + BENEFITS

The University of Colorado Denver offers many benefits to postdocs on both campuses:

- > an active Postdoc Office advocates on multiple levels
- > medical benefits/health, life and disability insurance
- > NIH stipend standards for incoming hires
- > a training program that includes career development workshops featuring keynote speakers
- > use of an IDP (Individual Development Plan) to help you and your mentor map out targeted goals
- > annual required evaluations support clear communications and thoughtful performance reviews
- > networking opportunities include peer-viewed RIP talks and an annual day-long event to showcase exclusively postdoc research
- > an engaged Postdoc Association provides activities for social and scientific interaction

CONTACT US

Postdoctoral Office: 303-724-2930 www.ucdenver.edu/postdoc

UCD Postdoctoral Association PostdocAssociation@ucdenver.edu



Graduate School

Life in the Mile High City

The University benefits from an ideal geographical setting and moderate year-round climate. The adjacent Rocky Mountains offer a spectacular array of outdoor recreational opportunities, including road cycling, mountain biking, camping, technical climbing, hiking, hunting, fishing, and a variety of water sports. World-renowned downhill and cross-country skiing is available within a one to two-hour drive from the Denver metro area. All of these activities are enhanced by the generally good mountain weather. Due to protection afforded by the mountains, the climate is relatively mild and dry. The Denver metro area boasts an average of over 300 days of sunshine per year. The winter is mild with average daytime highs of 45-50, and the summers are warm and dry with average daytime highs of 85. Summer nights may cool to 55, which makes for great sleeping weather and air conditioning is not always necessary in your home or apartment as humidity levels are very low and many people use inexpensive evaporative cooling for their homes (otherwise known as a "swamp" cooler!).

The city offers all of the advantages of a major metropolitan center including resident theater groups, a symphony orchestra, outdoor amphitheater and a variety of other cultural activities, excellent varied restaurants and major league sports. Many nationally prominent music festivals are held in Denver and at mountain resorts during the summer, and free concerts enliven local Denver parks. Denver is an ideal city to live in for young adults and was recently voted one of the 10 best cities for young adults by Forbes magazine. Denver has also been ranked as once of the Best Bike Cities in 2012.

Helpful Links

www.denver.org

www.ucdenver.edu/about/denver/Pages/DenverMetroArea.aspx

www.denverchamber.org

Cost of Living and Housing

Postdoctoral Fellows and Students generally have little difficulty finding suitable inexpensive housing close to the School of Medicine, which is located near several residential sections east of Denver. The cost of living in the Greater-Denver area is moderately lower than in many other metropolitan areas in the U.S. The office of Student Resources provides an excellent resource for Student Housing information located near the Anschutz Medical Campus area.

Benefits and other information

<u>Postdoctoral Benefits</u> include health and dental insurance, life insurance, long-term disability, and paid vacation and sick time. There is on-campus childcare provided by <u>Bright Horizons</u> that many employees use. The <u>Anschutz Wellness Center</u> recently opened and is located close to the Research I and Research II towers. RTD provides an <u>Eco Pass</u> for University employees if you chose to live on a bus route.

In addition there are many <u>employee discounts</u> including athletic, fitness, sporting events, apartments and lodging, automotive, concerts and theatre, entertainment, finances, mortgage and real estate, products and services, public transportation and other!