

Student Services & Facilities

This page contains a list of facilities and services available to UAB students. For further information on these and other facilities and activities, contact the Information Desk, located at the Hill Student Center or refer to the UAB student handbook, *Direction*, at <https://www.uab.edu/students/> and on [BlazerNET](#) on the Student Resources tab.

University Recreation

UAB University Recreation (URec) provides fitness, wellness, and recreational opportunities for the UAB students, employees, community, and beyond. URec makes this possible by offering a variety of premier programs, facilities, and services, all in the heart of UAB's campus!

Campus Recreation Center

The 152,000 square foot facility covers three floors, housing a range of amenities, including four basketball/volleyball courts (one of which can host 3 badminton/pickleball courts), four racquetball courts (one of which can be converted to squash and three for walleyball), four group fitness studios, Studio V (a functional fitness area), 18,000 square feet of weight and cardio-fitness areas, an iron cave, a game room, an aquatics center with both lap and leisure components, a multi-purpose court used for indoor soccer, floor hockey, pickleball, and badminton, an indoor track, and a climbing and bouldering wall.

Active UAB students enrolled in at least 1 credit hour in a semester have access to the Campus Recreation Center, included in their tuition. Please bring your ONECard for access. Student membership is active 14 days prior to the start of a semester and remains active 14 days after a semester concludes. Summer is considered as a semester. Students not enrolled in a semester may purchase an Off Semester Student membership.

UAB URec offers a wide range of memberships for UAB Employees, Colleagues, Alumni, Retirees, and Household members. Employees receiving Educational Assistance must purchase their UAB URec membership. For more membership information, please visit our [Membership website](#).

All UAB Employees are eligible for a One-Week Free Trial. To sign up for the Trial membership, stop by Membership Services with your ONECard.

The Pro Shop is located at Membership Services, providing essential items for your workout and post-workout needs. Additionally, the PowerZone offers fuel options before and after your workout.

URec also offers lockers for rent in 12-month or 3-month options. Lockers are limited, so if you're interested, please contact us at 205-996-5038 or visit our Member Services desk. If you prefer not to purchase a locker, we have several areas in the facility, including the locker rooms, with day-use lockers available. Just bring a lock, store your belongings while you work out, and take it with you when you leave - free of charge!

The Campus Recreation Center is located at 1501 University Boulevard, next to the Campus Green.

Intramural and Club Sports Complex

University Recreation also manages and oversees reservations for the Intramural and Club Sports Complex on the north side of campus. This

complex is the home of many UAB Club Sports. Additionally, outdoor Intramural Sports, such as Softball, Outdoor Soccer, and Flag Football, take place here.

For more details on reserving any University Recreation space visit our [Facilities website](#).

URec Programming & Amenities

Aquatics

The Aquatics Center, housed within the Campus Recreation Center, provides a place for members to swim laps and meet their leisure aquatic needs by floating through the river or taking a dip in the hot tub. Additionally, the aquatics program offers group swim lessons, private swim lessons, lifeguarding certifications, and pool parties for special events.

For details about pool party requests and other pool activities, please visit our [website](#).

Fitness & Wellness Services

UAB University Recreation offers comprehensive Fitness & Wellness programming that includes Group Fitness, Group Fitness+, Personal Training Services, Massage Therapy, and other Special Fitness Programming.

Group Fitness

UAB URec's group fitness classes offer numerous benefits and provide an enjoyable way to achieve your fitness goals. These dynamic, 45-minute classes provide motivation, accountability, and community support—essential elements to keep you on track in your fitness journey.

Group Fitness+

UAB URec's newest program offers a specialized approach to group fitness, tailored to your goals. These classes are designed to help you get stronger and more toned, regardless of your health and fitness objectives. Whether you want to lose weight, tone up, slim down, or enhance your fitness level, we have a class just for you.

For more details or to reserve your spot in the next Group Fitness/Group Fitness+ class, please visit our [Group Fitness Website](#).

Personal Training

Our team of nationally certified personal trainers will coach and guide you on your health and fitness journey, helping you to tone up, get stronger, and gain confidence in the gym. They will work with you to develop a personalized health and fitness program to help you achieve your desired results.

Personal Training Programs:

- **Gym Foundations:**
 - **LiftWise:** is our beginner, get to know the gym program. This is a 4-session predesigned program that you'll go through with one of our personal trainers. You will get introduced to the fitness gym and equipment. Learn how to do foundational exercise movements and resistance training. We will show you how and coach you along so you feel less intimidation and more confidence in the gym setting.
 - **LiftPro:** is the next progression from LiftWise. This is a beginner to intermediate exerciser program. In this 8-session program you'll learn more advanced ways of using our fitness equipment.

You'll expand on your exercise and movement knowledge and experience different workout and program types. You'll get all the coaching, accountability, and instruction you need from your trainer.

- **Semi-Private:**
 - Semi-Private personal training is up to 4 training clients working out with 1 personal trainer simultaneously. This service is tailored for students and members with goals centered around general fitness. It also works for clients with similar goals outside of general fitness. Clients are not required to bring their own group; instead, we will assign clients based on your availability and goals.
- **One-on-One Personal Training**
 - One-on-one personal (1:1) training is one personal trainer to one training client. This service offers the highest level of individualized fitness training and coaching. Your workout program is customized to your individual needs so you can reach your goals faster.

Our Personal Trainers also offer Fitness and Body Composition Assessments. To get started with a Personal Trainer, please visit our [website](#).

Massage Therapy Services

Celebrate a little YOU time by scheduling yourself a massage today! Appointments are available for 60 minutes and are performed by certified massage therapists. Please allow at least 48 hours' advanced notice of your preferred appointment time.

To schedule your next appointment, please email a completed Massage Therapy Client Questionnaire to fitness@uab.edu.

Competitive Sports

The Competitive Sports program offers activities such as intramurals and club sports that involve individual and team competition, as well as other fun, competitive events.

Intramurals

All UAB students, staff, and faculty are eligible to participate in intramural sports. Faculty and staff must adhere to specific entrance policies if they are not URec members. Individuals in any team league must have their ONECard in possession to be eligible to participate.

Every team league is offered in men's, women's, and co-rec formats. Each league will have a 4-week regular season followed by a single-elimination playoff. For more information, please visit our website or contact intramurals@uab.edu.

Club Sports

A club sport is a recognized student organization established to promote interest in a sport, develop the skills of its members, and represent UAB while competing against other universities. UAB URec typically supports around 20–25 different club sports, ranging from lacrosse, spikeball, soccer, to figure skating. Don't see a club for your sport? Become the president and start a new club! For more information, please visit our [website](#) or contact clubsports@uab.edu.

Adventure Recreation

Adventure Recreation offers belay certification and lead climbing programs. Our climbing wall events are open to university students, faculty/staff, and alumni with memberships. Contact outdoors@uab.edu

or visit our [Adventure Recreation page](#) for more information on clinics, and equipment rentals.

Climbing Wall & Bouldering Wall

Located on the mezzanine level of the Campus Recreation Center, the 36-foot tall by 42-foot wide climbing wall offers 1,512 square feet of climbing. The wall's climbing surface is constructed of reinforced polymer concrete panels and imprinted to match the look and feel of natural rock. We also have a 12-foot bouldering wall for everyone to enjoy. Both are open to all URec members. The community may use the wall by private group rental.

Outdoor Equipment Rentals

Planning a trip for the weekend but missing the gear? The Outdoor Pursuits Rental Center is here to save your adventure! We offer outdoor equipment for various events, and the rental service is open to university students, faculty/staff, alumni, and the community. Whether backpacking, camping, or canoeing, the rental center has multiple rental time spans on the equipment you might need, such as sleeping bags, tents, backpacks, and cooking sets. Currently, this program is operating in a limited capacity. Contact lamontjr@uab.edu for assistance on a case by case basis.

URec On The Go

UAB University Recreation is stepping outside of the Campus Recreation Center and heading your way with fun, active, and educational programs. URec On The Go offers a variety of free programs and events throughout the year for students and the UAB community. Your student organization, club, or department may also hire our URec On The Go team to help improve your next event! To view a list of upcoming free URec On The Go sessions, and to visit our Custom URec On The Go options, visit our [website](#).

Team Building

University Recreation offers many opportunities for team-building initiatives, catering toward campus groups, corporate outings, school groups, and more! Our enthusiastic and skilled facilitators will guide your group through fun activities focused on enhancing or developing vital workplace and life skills, such as teamwork, cooperation, communication, and trust. Initiatives work on developing or enhancing communication, teamwork, trust, cooperation, team building, planning, and other common workplace functions. For more information, or to request team building, visit our [website](#).

Campus Dining

Dining on-campus gives you the advantage of never having to worry about keeping cash on hand and never losing your parking space. At UAB we have more than fifteen (15) restaurants on-campus. Just swipe your ONE Card and dine! For more information about Campus Dining, please stop by the UAB Campus Dining office located on the top floor of the Commons on the Green next to the Den, or call (205) 996-6567. You can also visit us online at <https://www.uab.edu/students/dining/>.

For a map of dining locations and updated hours of operation visit: www.uab.edu/students/dining/locations-hours.

Meal Plans

Your meal plan gives you the advantage of never having to worry about keeping cash on hand to eat on-campus. Just swipe your ONE Card

and dine. For meal plan options and requirements visit www.uab.edu/students/dining/meal-plans.

Dining Dollars

Dining Dollars are funds that you receive from your campus dining fee. All full-time undergraduate students (those students taking twelve (12) or more credit hours on campus) will be assessed a **\$225 Campus Dining Fee** during fall and spring semesters. This Dining Dollars fee is loaded onto a student's OneCard and is used as a declining balance account accepted at all on campus dining locations. Dining Dollars are not part of a student's meal plan.

UAB Libraries

UAB Libraries are your home to access world-class collections and research support for your successful academic journey. The libraries hold more than 2.6 million volumes and provide access to approximately 700 online research databases and other specialized resources in support of the university's vast academic and medical enterprise.

The UAB Libraries system includes:

- **Mervyn H. Sterne Library** is the epicenter of undergraduate student activity on campus and supports teaching and research in the arts and humanities, business, education, engineering, natural sciences and mathematics, and social and behavioral sciences. Sterne Library also houses other academic support units (the UAB Writing Center, INTO UAB, and the Vulcan Materials Academic Success Center), and a Starbucks location for when you need a coffee break. You will find technology-equipped group study rooms, single study carrels, open study spaces (including a quiet area on level 3), and emerging technology labs to support multimodal learning, digital scholarship, and STEM innovation. A variety of standard and specialized equipment is available for checkout through the HUB Desk and LibLab. In the spring and fall semesters, Sterne Library is open 24 hours a day, five days a week. For more information on resources and services, visit the [Sterne Library website](#), call 205-934-6364, or request help by email, text, or chat at [this link](#).
- **Lister Hill Library of the Health Sciences**, the largest biomedical library in Alabama, supports students, research and teaching faculty, and clinicians in medicine, nursing, optometry, dentistry, public health, health professions, and joint health sciences. Visitors can use technology-equipped group study rooms, open study spaces (including a quiet area on level 2), and emerging technology labs to support multimodal learning and health and biomedical innovation. A variety of standard and specialized equipment is available for checkout through the HUB Desk and LibLab. For more information on resources and services, visit the [Lister Hill Library website](#), call 205-934-2230, or request help via email, text, or chat at [this link](#).
- The **Lister Hill Library at University Hospital**, located in the West Pavilion, provides onsite support for education, research, and patient care. Access the resources and services for clinicians through the [LHL@UH website](#), call 205-934-2275 or request help by email, text, or chat at [this link](#).
- **UAB Historical Collections**, located on the third floor of Lister Hill Library, includes the [Alabama Museum of the Health Sciences](#), the [Reynolds-Finley Historical Library](#), and the [UAB Archives](#). The Alabama Museum of the Health Sciences preserves more than 500 years of medical history through instruments, specimens, equipment, and pharmacology. The Reynolds-Finley Historical Library contains rare books, pamphlets, journals, and manuscripts on the history of medicine, science, and health-related fields from the mid-14th century

to the mid-20th century. UAB Archives is the official repository for the permanent records of the university and for archival collections held by UAB, including the history of the health sciences and collections on the history of the Greater Birmingham area. All three collections in Historical Collections are used extensively by researchers, and classes from all academic levels and disciplines frequently visit for specialized tours of materials. Historical Collections is open to researchers, including student researchers, by appointment. Please visit [Special Collections - Libraries](#) for more information and to schedule an appointment for research.

- The **Dennis G. Pappas Historical Collections Gallery**, located on the second floor of Lister Hill Library, is the exhibitions home for UAB Historical Collections. The gallery features [rotating exhibitions](#) that highlight the rich resources held by Historical Collections, combining interactive technology and traditional displays for an engaging experience. Visit the [Pappas Gallery](#), which is free and open to the public, Tuesday-Saturday, 12-5 p.m.
- **Sparks Medical Library** is located at the UAB Huntsville Regional Medical Campus. The library is available 24/7 to all UAB medical students, residents, full-time faculty, and credentialed volunteer faculty physicians. For more information on resources and services, visit the [Sparks Medical Library website](#), call 256-551-4405, or request help via email, text, or chat at [this link](#).

Library faculty and staff are here to support you all the way through your academic journey. There are [liaison librarians](#) assigned to every academic unit on campus to ensure expert help is available for all majors. They can help you get started with your research or properly format your citations and are available to meet one-on-one or in small groups either in person or virtually for consultations. You can find a complete list of our liaison librarians and schedule a consultation [here](#). You can also get help online through our chat service (use the yellow "Chat with a Librarian" pull-out on every library page) or by email.

If the libraries don't have what you need for your research, we can get it for you. Our [Interlibrary Loan \(ILL\)](#) service allows you to borrow materials not owned by UAB from other libraries throughout the world. This is a free service, and many of these requests can be filled within several hours.

The UAB Bookstore

The UAB Bookstore is located at 1400 University Boulevard inside the new Hill Student Center. The bookstore posts official lists of UAB courses and stocks the textbooks and all other items necessary for successful UAB coursework. Most textbooks can be purchased new or used. The option to rent textbooks is also available for most courses. The bookstore carries study aids, reference materials, school and office supplies; medical instruments, lab coats, and scrubs; and the largest assortment of UAB logo apparel and gifts available. Contact the UAB Bookstore at (205) 996-2665 or visit the store online at www.shopuab.com

University Writing Center

Located in Mervyn Sterne Library 175, the [University Writing Center](#) provides free writing help to all UAB students. Students may meet with a tutor in person, meet with a tutor remotely, or upload a paper for feedback. The UWC's well-trained tutors can help with any type of writing, including course papers, dissertations and theses, scholarship essays, and more. Tutors can help at all stages of the writing process. Students commonly visit to get help with understanding a writing assignment; brainstorming ideas; developing outlines and drafts; understanding and

applying instructor feedback; and revising and editing drafts. The UWC also offers faculty and student writing groups.

To schedule a tutoring appointment, visit the [University%20Writing%20Center]UWC website, email writingcenter@uab.edu, or call 205-996-7178. To learn more about writing groups, visit the [UWC Writing Groups and Events](#) page. Follow the UWC on [Facebook](#), [LinkedIn](#), and [Instagram](#) to keep up with daily news.

One Stop

What if you could get answers to your questions about your student account, financial aid and registration all in one place?

Stop running from office to office and make the [One Stop](#) your first and possibly your only stop! If we can't help you on the spot, we'll do the leg-work for you or connect you to the appropriate resource.

Contact us by email, phone, or in person.

[One Stop Student Services](#), Room 103 of the Hill Student Center, 1400 University Blvd

onestop@uab.edu

(205) 934-4300

855-UAB-1STP (822-1787)

8:00 am - 5:00 pm, Monday - Thursday

9:00 am - 5:00 pm, Friday

Information Center

Information regarding programs, services, and activities at UAB is available at the UAB Information Center. Referrals to the appropriate department, office, or person may be made for more specific information. The Information Center is located just inside the 14th Street entrance of the Hill Student Center, 1400 University Blvd.

For additional information, call (205) 934-8000, or see the Web page at <https://www.uab.edu/studentaffairs/studentcenter/>

UAB Career Center

The [UAB Career Center](#), in the Division of Student Services, assists undergraduate and graduate students in selecting appropriate fields of study, furthering their education, learning effective job searching strategies, and making connections with employers.

[Career Consultants](#) and [Peer Career Advisors](#) are available to meet one-on-one with students to explore career or educational options, revise résumés and cover letters, hone interviewing techniques, conduct searches for internships and full-time jobs, and ready themselves for interviews with employers.

The UAB Career Center is now providing UAB students with the opportunity to enhance career readiness through [Canvas modules](#) focused on key career components and resources. These modules can be completed as a series or individually. The modules are designed to walk you through various aspects and tasks to ensure you are ready for your career journey.

In addition, students may utilize Handshake, UAB Career Center's career management platform to do the following:

- [Search and apply for internships](#)
- [Search and apply for full-time jobs](#)
- [RSVP for events](#)
- [Sign-up for Interviews](#)

- [Upload resumes cover letters and more](#)
- [Connect with Students](#)
- [Make Appointments with Career Consultants](#)
- [Explore Resources](#)

The mission of the UAB Career Center to engage and empower members of the UAB community through meaningful career and experiential learning opportunities, to revolutionize the future of work. Over 25,000 employers use the UAB Career Center to connect with students. The UAB Career Center hosts a number of events throughout the year to further connect students and employers, including career fairs, employer meet-ups, and on-campus interviews.

Location

Hill Student Center, Suite 307

1400 University Boulevard

Contact

Website: <https://www.uab.edu/students/cpd/>

Office Number: 205.934.4324

Office Email: careercenter@uab.edu

Facebook: <https://www.facebook.com/uabcareercenter>

Instagram: <https://www.instagram.com/uabcareercenter/?hl=en>

Youtube: [UAB Career Center Playlist](#)

Disability Support Services

Disability Support Services (DSS), located in the Hill Student Center, serves as the central campus resource for students with disabilities. The goal of DSS is to provide a physically and educationally accessible university environment that ensures an individual is viewed on the basis of ability, not disability. DSS staff members work individually with students to determine appropriate accommodations. To be eligible for services, students need to complete an application, submit documentation of their disability and meet with a DSS staff member.

For more information, contact Disability Support Services at (205) 934-4205 (voice) or 934-4248 (TTY) or <http://www.uab.edu/students/disability/> E-mail contacts are welcome at dss@uab.edu.

Physical Address

Hill Student Center

1400 University Boulevard

Mailing Address

UAB One Stop

1400 University Blvd., Hill 103

Birmingham, AL 35294

Office of Education Abroad

[Contact Education Abroad](#)

Mission

The mission of the UAB Office of Education Abroad (UABEA) is to administer, establish, and send UAB students on high-quality education abroad opportunities to prepare them for success in the globalized world.

Education Abroad

The Office of Education Abroad is a member of the Forum for Education Abroad (Forum), Institute of International Education, and Association of International Educators (NAFSA). The Office of Education Abroad strives

to meet the Forum's [Standards of Good Practice for Education Abroad](#), 6th Edition, and [Code of Ethics](#).

Pursuant to our mission, UABEA engages in the activities described below.

- **Study Abroad:** Take courses for which academic credit is received and transferred to UAB on our supported study abroad programs. This includes academic credit for student exchanges, UAB affiliate programs, and faculty-led programs that feature traditional classes, research, service learning, internships, volunteerism, shadowing, clinical rotation, and observations.
- **International Internships, Research, & Service-Learning:** Take courses for which academic credit is received and transferred to UAB on our supported study abroad programs. These opportunities are designed to enhance your resume with hands-on experiential learning abroad and offer credit-bearing outcomes.
- **Virtual/COIL Experiences:** UAB students may participate in a variety of virtual/remote learning experiences, which vary from COIL courses, group internships, part/full time internships, and remote academic courses. Explore these opportunities to immerse yourself in a virtual remote experience while earning academic credit at UAB.
- **Student Organizations Abroad:** Travel abroad as part of a UAB student organization; including Outreach Abroad, Outdoor Pursuits, artistic performances, athletic activities, or other student organization travel. Our office can help students register travel with the university, obtain the necessary [education abroad insurance](#), and prepare for travel.
- **Student Conference Travel Abroad:** Present at or attend a conference that takes place abroad as a UAB representative. Our office can help students register travel with the university, obtain the necessary education abroad insurance, and prepare for travel.
- **Passport Office:** Apply for a passport conveniently on campus. As an official U.S. Department of State Passport Acceptance Facility, we are happy to accept passport applications for students, employees, and members of the community. Our passport service is open to the public.

Eligibility

To be eligible to apply for our programs, one must:

1. be an enrolled UAB student;
2. be 18 years of age or older (or have parental permission); and
3. be in good academic, disciplinary, and financial standing with UAB.

Some programs have additional eligibility requirements, such as GPA minima, listed on the individual program webpages.

Students may petition to the Associate Director of Education Abroad for a possible exception to the eligibility criteria.

Grade Posting

All grades earned while abroad will be posted to the student's UAB transcript and included in GPA calculations. Letter grades are used rather than pass/fail marks. In all cases, students must participate fully in all course activities and meet all stated course requirements. Auditing of any course abroad is not permitted. The process of grade posting varies depending on the program type.

UAB Exchanges

Students earn direct UAB course credit. Courses taken on student exchanges will begin with IN ("International" indicating that the course took place at an international UAB exchange location) and a two-letter subject code such as ME (Mechanical Engineering), GN (German), SP (Spanish), etc. to indicate the subject that was studied. Additionally, each of the courses are numbered. All courses are variable in the number of credit hours students can receive based upon their enrollment at the host university. INxx courses are repeatable. INxx courses include:

Subject	Description
INAB	Study Abroad Arabic
INAH	Study Abroad Art History
INAN	Study Abroad Anthropology
INAR	Study Abroad Art Studio
INAT	Study Abroad Astronomy
INBE	Study Abroad Biomedical Engineering
INBU	Study Abroad Business
INBY	Study Abroad Biology
INCH	Study Abroad Chinese
INCM	Study Abroad Communication Studies
INCS	Study Abroad Computer & Information Science
INCY	Study Abroad Chemistry
INDC	Study Abroad Digital Community
INEC	Study Abroad Economics
INED	Study Abroad Education
INEE	Study Abroad Electrical Engineering
INEH	Study Abroad English
INES	Study Abroad Earth Science
INEV	Study Abroad Environmental Science
INFN	Study Abroad Finance
INFR	Study Abroad French
INGN	Study Abroad German
INHY	Study Abroad History
INIS	Study Abroad International Studies
INIT	Study Abroad Italian
INJP	Study Abroad Japanese
INJS	Study Abroad Justice Sciences
INMA	Study Abroad Mathematics
INME	Study Abroad Mechanical Engineering
INMG	Study Abroad Management
INMK	Study Abroad Marketing
INMU	Study Abroad Music
INPC	Study Abroad Physics
INPE	Study Abroad Physical Education
INPH	Study Abroad Philosophy
INPS	Study Abroad Political Science
INPY	Study Abroad Psychology
INSC	Study Abroad Sociology

INSP	Study Abroad Spanish
INTH	Study Abroad Theatre
INTL	Study Abroad Special Topics

For all other programs, visit [UAB Education Abroad's website](#) for details.

Residency

Courses taken on UAB Exchanges, USAC programs, ISA programs, CISAbroad programs, U.S. - UK Fulbright Commission Summer Institutes, U.S. Department of State Critical Language Scholarship Program, Clinton Scholarship at the American University in Dubai, UAB Faculty-Led Programs, and UAB Internship/Practicum Courses Abroad will satisfy the UAB residency requirement. Students must contact UABEA to ensure their Graduation Planning System records are noted accordingly.

Changes of Grades

Requests for grade changes to UABEA must be accompanied by official documentation sent directly from the host university.

International Student and Scholar Services

ISSS provides immigration compliance expertise and cultural events for international students on F-1 and J-1 visas. Specifically, we issue and extend federal immigration documents (Forms I-20 and DS-2019), advise on enrollment requirements, help students apply for CPT and OPT work authorization, issue letters necessary to obtain Social Security cards and driver licenses, offer assistance filing taxes, and hold annual events such as Coffee Hour, International Barbecue, International Thanksgiving, and global holiday celebrations. ISSS also works closely with the Office of Postdoctoral Education and departments across campus to bring international researchers to campus. Our vision is to provide cutting-edge immigration advising and programming to UAB and its international community, preserving the integrity of our programs while advocating for the unique needs of international students and scholars, leading to enriched educational and research opportunities, broadened cultural perspectives, and ease of adjustment to life in the US. ISSS shares space with INTO UAB on the second floor of [Mervyn H. Sterne Library](#), located on the corner of 9th Avenue and 13th Street South. Drop by the Welcome Desk any time between 8:00 AM and 5:00 PM, or book an appointment online at <https://www.uab.edu/global/students/international-students/book-an-appointment>.

For additional information, visit <https://www.uab.edu/global/students/international-students/current-students>.

ONE Card

The UAB ONE Card serves as the official student ID and offers access to a variety of services and resources on and around campus. Students use their ONE Card to enter residence halls and the Campus Recreation Center, attend UAB athletic and cultural events and check out materials from UAB libraries. With their ONE Card, students can enjoy discounts on tickets to a wide variety of on and off-campus events through the UAB Ticket Office. The ONE Card also functions as a debit card, allowing students a convenient and secure way to pay for goods and services at a variety of on campus and local area merchant locations.

General information about the UAB ONE Card, including a list of carding locations, is available at www.uab.edu/onecard.

Questions about ONE Card services can be directed to onestop@uab.edu or (205) 934-4300.

Note: A photo ID is required to have your initial ONE Card made.

UAB Transportation

The University of Alabama at Birmingham is located in the central business district of Birmingham offering multiple [transportation options](#). On-campus and nearby housing make walking, bicycling, and on-campus transit convenient. Public transit, private transportation providers, and personal automobiles make longer trips accessible. Regional and national transportation options help expand connections to much of the world and planned innovative transportation projects are increasingly making it easier to get to, from, and around UAB regardless of your travel preferences.

On-Campus Transportation

Walking and Bicycling

With a relatively flat, compact campus, many popular destinations are convenient to UAB and most trips to and from classes will be made on foot. In the United States, the average pedestrian commute is one-mile with the average bicycle commute approximately three miles. The UAB campus footprint is about 1.5 miles wide. UAB Housing and Residence Life and Off-Campus Student Services are able to assist students in identifying nearby on- and off-campus housing options. Apps such as [Rave Guardian](#) and other services below help make walking and bicycling easier and safer. Students and employees wishing to [register their bicycle](#) for free will also receive a bicycle helmet and u-lock.

Blazer Express

Blazer Express provides transit service throughout the University campus. With a valid UAB One Card, students, employees, and authorized visitors can enjoy fare-free bus transportation along designated routes. Buses are ADA-accessible and can seat up to 35 riders. Bus service is provided Monday-Friday from 5:30 a.m.-12:00 a.m. [Routes, stops, and real-time location of buses](#) may be found online at through the [DoubleMap](#) smartphone app.

Blaze Ride and Safety Escort

For trips within the UAB footprint, Blaze Ride offers daytime transportation for students and employees with limited mobility, while Safety Escort provides late-night service to all students and employees. Safety Escort service is available seven days a week from 9:00 p.m.-5:30 a.m. by calling (205) 934-8772. Access to [Blaze Ride](#) is limited to students gaining eligibility through Disability Support Services and employees registering with the AWARE Program. Blaze Ride is available from 7:30 a.m.-7:30 p.m. by calling (205) 975-7433. Rides for both services may also be requested through the [TapRide](#) smartphone app.

Public Transit and Other Providers

Public transit is provided by MAX Transit, Birmingham On-Demand, and CommuteSmart. Other transportation providers include micromobility, ride-hailing and carpool ride-matching apps, while future transportation innovations such as bus-rapid transit are planned to launch.

MAX Transit

Local public bus service is provided by [MAX Transit](#). Discounted passes are available from the UAB One Stop with over thirty bus routes serving the metro Birmingham area. Real-time bus tracking is available from

myStop Mobile app with trip planning available from most major mapping apps.

Birmingham On-Demand

The City of Birmingham has partnered with Via to provide the shuttle van service, [Birmingham On-Demand](#). These trips are similar to other ride-hailing apps except using branded vans, paid drivers and with lower-priced trip costs and a more limited service area.

CommuteSmart

CommuteSmart, a program of the Regional Planning Commission, provides a subsidy for vanpooling and incentives to anyone choosing to walk, bicycle, take the bus, carpool, or work from home. Carpool participants can receive online ride-matching and all participants must log their commutes to receive incentives. Visit [CommuteSmart](#) for more information about vanpooling, ride-matching, and incentives.

Micromobility (Bicycle & Scooter Sharing)

Shared electric bicycles and scooters, known as [micromobility](#), are provided by multiple vendors for on- and off-campus trips. These vehicles are best for short trips and may be rented through smartphone apps. Users should familiarize themselves on where they are permitted and how to safely operate them around UAB. Information on using the shared micromobility vehicles is available through the UAB Transportation [website](#), which includes a tool to report their unsafe usage or improper parking.

Regional/National Transportation

The City of Birmingham is served by the [Birmingham-Shuttlesworth International Airport](#) (BHM) with direct and indirect flights connecting to most domestic and international destinations. Ride-hailing and taxi apps are available for transportation to and from BHM. Groome Transportation offers [airport shuttle service](#) picking up at Blazer Hall and dropping off at Hartsfield-Jackson Atlanta International Airport (ATL). Other regional transportation providers include Amtrak train service and bus service from Greyhound and Megabus, all accessible from the Birmingham Intermodal Facility.

Other Providers and Upcoming Innovative Options

Innovative transportation options are consistently launching in the city. Ride-hailing and similar taxi services operate in and around the Birmingham area. Bus Rapid Transit (BRT) is due to launch in 2022 under the name, [Birmingham Xpress](#). BRT offers the comfort of light rail train service at a lower cost. Partially running on dedicated lanes with signal priority, BRT is expected to make traveling across the city faster and more efficient.

Parking

For those choosing to bring a vehicle, a permit is required to access student parking. Permits are purchased through the [UAB Transportation website](#) with a limited number available each semester. Incoming students may purchase permits as soon as they have been accepted by UAB and created a Blazer ID. Students unable to purchase a permit will need to develop their own transportation arrangements from the options above or other parking providers around town. Once purchased, permits are mailed to the address provided by the student. As such, it is important to regularly update your contact information in the parking system. Parking spaces are available on a first-come, first-served basis to vehicles with the proper permit displayed. Designated spaces are offered for motorcycles, carpooling, and ADA-accessible parking. Students requiring temporary or permanent ADA accessible parking must provide state-issued documentation in the student's name. A full list

of [parking policies](#) and regulations are available on our website. Please note that [metered street spaces](#) are operated and enforced by the City of Birmingham.

Motorist Assistance (MARS)

[Motorist Assistance Roadside Service](#) (MARS) is a free service available to all visitors, students, and employees parking on campus who need help with a dead battery, air in a flat tire, keys locked in a car, or empty gas tank. The service is available weekdays 7:30 a.m. - 4:30 p.m., except holidays. For help, call 205-975-6277.

UAB Transportation Contact

608 8th Street South • Telephone (205) 934-3513 • E-mail: transportation@uab.edu • Website: <http://www.uab.edu/transportation/>

Student Health & Wellness Center

The Student Health & Wellness Center (SHWC) provides a comprehensive and integrated program of services to meet the medical, counseling and wellness needs of UAB's undergraduate, graduate and professional students. Creating a healthy campus and promoting student wellness are essential to supporting student learning and success. The SHWC is staffed by a group of committed medical providers, counselors, nurses, clinicians, wellness promotion professionals, and support staff who embrace the opportunity to meet your wellness, medical and counseling needs. Those services and resources are available in the state-of-the-art Student Health & Wellness Center located at 1714 9th Ave. South (LRC building), Birmingham, AL 35294-1270. Blazer Express has convenient drop-off and pick-up locations near the Student Health & Wellness Center. Patient and client parking is available at the South entrance to the building.

Student Health Services

Student Health Services offers comprehensive primary care services, including acute and chronic care, gynecologic and sexual health services, dietetics (nutrition), mental health evaluation and treatment, immunizations, allergy immunotherapy, and treatment of minor emergencies. Additionally, dedicated Sports Medicine and Eye Care Clinics are available, as well as a Certified Athletic Trainer located in the UAB Recreational Center. SHS provider staff include board-certified family physicians, family nurse practitioners, physicians assistants, women's health nurse practitioners, psychiatric-mental health nurse practitioners, and registered dietitians. Students who need to handle medical clearance/immunization clearance needs can do so on-site, with expedited updating of records without the need for additional uploads. On-site lab and x-ray services are available.

After-hours telephone consultation is provided through provider on call coverage, 24 hours a day/7 days a week/365 days a year. To ensure convenience and access, Student Health Services operates under an open-access appointment scheduling system. Go to www.uab.edu/students/health for more information or to schedule an appointment through our patient portal. You may also call (205) 934-3580 to schedule an appointment or for general information. All currently enrolled UAB undergraduate and graduate students are eligible for services. Student Health Services bills most major medical insurances, and students enrolled in the [Student Health Insurance Plan](#) have access to reduced cost care at SHS.

Student Counseling Services

Counseling Services assists in developing students' potential in physical, academic, spiritual, psychosocial, emotional, and vocational areas. Common presenting concerns include depression, anxiety, grief, relationship concerns, stress management, eating disorders, alcohol or substance abuse concerns, identity, conflict, gender transition and trauma. In addition to individual and couples counseling, services include wellness programs, group opportunities, and educational resources. Confidential counseling services are available to all currently enrolled UAB students at no cost. For more information or to schedule an appointment call (205) 934-5816 or visit <http://www.uab.edu/students/counseling/>.

Wellness Promotion

Wellness Promotion provides students with programs, education, and resources to promote personal wellness in the areas of interpersonal violence prevention; alcohol, tobacco, and other drug misuse prevention; and self-care. Wellness Promotion offers honest conversations, provides accurate information, and develops skill-building activities to help students navigate decisions outside the classroom that can impact their personal and academic success.

Wellness Promotion also supports the Promoters of Wellness peer health education program. Promoters of Wellness (POW) are undergraduate and graduate students who are nationally Certified Peer Educators and work as student health educators. POW peer health educators seek to positively influence the campus by providing workshops, outreach and events. They also serve as a catalyst for healthy norms within the student campus culture. Additional information about the POW program can be found [here](#).

You can get involved with Wellness Promotion and apply for a POW position by registering for CHHS 426/526: Wellness Promotion Peer Education. This 3-credit hour course is a service-learning course appropriate for both under/upperclassmen and can be taken as Honors by contract. Students who cannot take this general elective but want to apply for a POW position can also complete the Certified Peer Health Advocate (CPHA) training program by registering on Engage.

Student Insurance Coverage (Mandatory and Optional)

All full time undergraduate students enrolled in a degree seeking program have a [mandatory requirement](#) to have major medical health insurance to ensure coverage for hospital, emergency room, specialty physician care and diagnostic testing.

Because this is a "hard waiver" requirement, any student that does not submit a health insurance waiver once per academic year will be automatically charged and enrolled in the Student Health Insurance Plan. For more information about how to waive the coverage, view [this webpage](#).

Information regarding the Student Health Insurance Plan for full-time registered undergraduate students taking a minimum of 9 credit hours and full-time graduate students taking a minimum of 6 credit hours can be found at <https://www.uab.edu/students/health/insurance-requirements/student-health-insurance-plan>. All students enrolled in a clinical program that has a mandatory health insurance requirement will continue to have the same requirement regardless of the number of credit hour of enrollment.

Further Contact Information

School/Area/Advisor	Telephone
Health Services	(205) 934-3580
Counseling Services	(205) 934-5816
Wellness Promotion	(205) 996-0834

Office Hours

Day	Hours
Monday - Friday	8:00 a.m.- 5:00 p.m.

UAB Testing Services

UAB Testing Services provides testing services for UAB students, prospective students, and the community at large. Assessments include, but are not limited to, MAT, LSAT, PRAXIS, DSST, and CLEP. For more information, visit www.uab.edu/testing.

UAB Ticket Office

The UAB Ticket Office is an excellent source for discounted tickets to local and regional attractions along with on-campus events. Discounted tickets are available for AMC and Regal Cinemas, along with the Georgia Aquarium. Additional perks can be found at TicketsAtWork.com with the discount code **UABTICKETS** for cooperating attractions. First-class postage stamps are also available for purchase.

UAB Ticket Office	One Stop Student Services, HSC 103
UAB Ticket Office Contact	(205) 934-8001
UAB Ticket Office Website	https://www.uab.edu/one-stop/student-resources/ticket-office

Veterans Services

UAB Veterans Services (UAB-VS) assists veterans, reservists, guardsmen, and dependents of disabled or deceased veterans to access their educational benefits. UAB-VS serves as a liaison between the student and the local and federal agencies, including the State Department of Education, Department of Defense, and the Department of Veterans Affairs. The office staff assist students in applying for educational benefits, securing tutorial assistance and obtaining veterans work-study positions. For further information, contact UAB Veterans Services, Hill Student Center, Room 313, 1400 University Blvd., Telephone (205) 996-0404 or read about our programs and services at www.uab.edu/students/veterans

VA Complaint Policy

Any VA Complaint against the school should be routed through the VA GI Bill® Feedback System by going to the following link: <http://www.benefits.va.gov/GIBILL/Feedback.asp>. The VA will then follow up through the appropriate channels to investigate the complaint and resolve it satisfactorily.

Choice Act

The University of Alabama at Birmingham in the State of Alabama complies with section 702 - Tuition under Veteran's Access Choice and Accountability Act of 2015, providing for resident (in-state) tuition and fees for the following:

- A Veteran using educational assistance under either chapter 30 (Montgomery GI Bill® – Active Duty Program) or chapter 33 (Post 9/11 GI Bill®), of title 38, United States Code, who lives in the State of Alabama while attending a school located in the State of Alabama (regardless of his/her formal State of residence) and enrolls in the school within three years of discharge from a period of active duty service;
- Anyone using transferred Post – 9/11 GI Bill® benefits (38 U.S.C. § 3319) who lives in the State of Alabama while attending a school located in the State of Alabama (regardless of his/her formal State of residence) and enrolls in the school within three years of the transferor's discharge from a period of active duty service;
- A spouse or child using benefits under the Marine Gunnery Sergeant John David Fry Scholarship (38 U.S.C. § 3311 (b) (9) who lives in the State of Alabama while attending a school located in the State of Alabama (regardless of his/her formal State of residence) and enrolls in the school within three years of the Service member's death in the line of duty following a period of active duty service.
- Anyone described above while he or she remains continuously enrolled (other than during regularly scheduled breaks between courses, semesters, or terms) at the same school. The person so described must have enrolled in the school prior to the expiration of the three-year period following discharge or death described above and must be using educational benefits under either chapter 30 or chapter 33, of title 38, United States code.

(regardless of his/her formal state of residence) and the transferor is a member of the uniformed service who is serving on active duty.

- Anyone using educational assistance under chapter 31, Vocational Rehabilitation/Employment (VR&E), also be charged the resident rate. Effective for courses and terms beginning **after March 1, 2019**, a public institution of higher learning must charge the resident rate to chapter 31 participants, as well as the other categories of individuals described above. When an institution charges these individuals more than the rate for resident students, VA is required to disapprove programs of education sponsored by VA.
- The policy shall be read to be amended as necessary to be compliant with the requirements of 38 U.S.C. 3679(c) as amended.

V.A. Education Benefits

Effective 8/1/2019 - (PL 115-407 Sec. 103)

Students utilizing VA education benefits shall not be charged a penalty, including assessment of late fees, denial of access to classes, libraries or other institutional facilities, or be required to borrow additional funds because of the individual's inability to meet their financial obligations due to the delayed disbursement of a payment to be provided by the Department of Veterans Affairs.

Veteran Student Resident Tuition Rates

The University of Alabama at Birmingham complies with veteran student regulations regarding tuition rates. The following individuals shall be charged a rate of tuition not to exceed the in-state rate for tuition and fees purposes:

- A Veteran using educational assistance under either chapter 30 (Montgomery GI Bill® – Active Duty Program) or chapter 33 (Post-9/11 GI Bill®), of title 38, United States Code, who lives in Alabama while attending a school located in Alabama (regardless of his/her formal State of residence) and enrolls in the school within three years of discharge or release from a period of active duty service of 90 days or more.
- Anyone using transferred Post-9/11 GI Bill® benefits (38 U.S.C. § 3319) who lives in Alabama while attending a school located in Alabama (regardless of his/her formal State of residence) and enrolls in the school within three years of the transferor's discharge or release from a period of active duty service of 90 days or more.
- Anyone described above while he or she remains continuously enrolled (other than during regularly scheduled breaks between courses, semesters, or terms) at the same school. The person so described must have enrolled in the school prior to the expiration of the three year period following discharge or release as described above and must be using educational benefits under either chapter 30 or chapter 33, of title 38, United States Code.
- Anyone using benefits under the Marine Gunnery Sergeant John David Fry Scholarship (38 U.S.C. § 3311(b)(9)) who lives in Alabama while attending a school located in Alabama (regardless of his/her formal State of residence).
- Anyone using transferred Post-9/11 GI Bill® benefits (38 U.S.C. § 3319) who lives in Alabama while attending a school located in Alabama