Welcome to New Orleans and to the Tulane University School of Medicine! This is The T1 Guide, a handbook for the fledgling New Orleanian that you are so fortunate to have become! This guide should help you in your quest to find study spots, restaurants, things to do around the city, as well as provide general information to ease you into your new life in New Orleans.

Getting Started

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Guide to the Campuses

Restaurants by Genre
  Fine Dining
  Casual Dining
**Getting Started:**

**Louisiana Driver’s License, License Plates, etc:**

The Office of Motor Vehicles is open Monday-Friday (8am-4pm). For a LA driver’s license, you will need: your out-of-state license, social security number, and one primary document (birth certificate, passport).

2150 Westbank Expressway  
Harvey, LA  70058  
[Map/Directions](#)

or

6701 Airline Highway  
Metairie, LA  70003  
[Map/Directions](#)

**Sewerage & Water Board:**  
[Website](#)  
To get your water turned on, you’ll need a copy of your lease/deed and just a smidge of patience.

625 Saint Joseph Street  
New Orleans, LA  70165  
(504) 529-2837  
[Map/Directions](#)

**Entergy (gas/electric):**  
The majority (if not all) of this process can be done online here:  
[Entergy - New Orleans](#)

**Recycling:**  
Unfortunately, New Orleans does not offer free recycling services to its residents. However, curbside recycling service is offered by Phoenix Recycling for ~$15/month:

[Phoenix Recycling](#)

**Change of Address:**  
[USPS – Official Change of Address Forms](#)
Attractions:

Things to see and do while you’re here or if family/friends are visiting:

- Take a tour of the Mississippi River on the Steamboat Natchez. They have jazz cruises and jazz/dinner cruises as well!

- Walk up and down Royal Street in the French Quarter, perusing the various art galleries, antique shops, and boutiques!

- Tour the most haunted sites in New Orleans!  
  Haunted History Tours  
  Haunted New Orleans Tours

- Visit the National World War II Museum!

- See the famous Preservation Hall!

- After taking in the sights and sounds of historical Jackson Square, enjoy café-au-lait and beignets at Café Du Monde!

- Stroll around our beautiful Audubon Park in Uptown!

- Visit the Aquarium of the Americas!

- Visit the Audubon Zoo!

- Enjoy our beautiful City Park in Mid-City after getting your culture on at the New Orleans Museum of Art, located within the park!
Banks:
As far as I can tell, New Orleans is devoid of Bank of America, Wells Fargo, Citibank, Wachovia, or TD Banks. We’ve got these though!

Chase:
In addition to these branch locations, most Walgreens have a Chase ATM.
2200 St. Charles Ave.
Map/Directions
5001 Prytania St.
Map/Directions
2331 S. Carrollton Ave.
Map/Directions

Capital One:
3540 St. Charles Ave.
Map/Directions
313 Carondelet St.
Map/Directions
1515 Poydras St.
Map/Directions

Whitney National Bank:
1324 S. Carrollton Ave.
Map/Directions
20 McAlister Drive (inside the LBC at the Uptown campus)
Map/Directions
228 St. Charles Ave.
Map/Directions

Regions Bank:
1820 St. Charles Ave.
Map/Directions
400 Poydras St.
Map/Directions

First Bank & Trust:
909 Poydras St.
Map/Directions
**Coffee Shops/Cafés:**
Where you study in medical school often greatly influences how well you study. I am so wise. Some students prefer coffee shops and cafes, while others prefer libraries and academic buildings. Wherever you like to get it done, New Orleans offers plenty of places to let your mindgrapes ripen!

Note: all locations listed have Wi-Fi access (with purchase)

**P.J.’s Coffee & Tea:**
A New Orleans chain with franchises all over the city. There are numerous locations (14!), so I have only included the locations that seem to be the most convenient to students.

**7624 Maple St.** (6am-10pm)
This location is a bit larger than the others, with additional seating in the back and a patio area as well. It’s conveniently located next to the restaurant *Fresco*, as well as a line of bars (if your work/play lines often blur).
[Map/Directions](#)

**5432 Magazine St.** (6am-9pm)
Within a short walking distance from Whole Foods, Pinkberry, and various shops. This location also has a back patio area.
[Map/Directions](#)

**1420 Annunciation St.** (6am-10pm)
[Map/Directions](#)

In addition to those listed above, there are two P.J.’s located at the main/undergraduate campus (uptown), one of which is attached to a computer/print lab with seating.

**CC’s Community Coffee House**
There are a few locations in New Orleans, but the most popular location seems to be:

**900 Jefferson Ave.** (6am-10pm)
[Map/Directions](#)

CC’s can become a little more crowded than the other coffee shops listed, but is still a favorite among studiers. This location is a short walking distance from Whole Foods, Slice Pizzeria, Pinkberry, etc.

**Café Luna**
Café Luna is a charming coffee shop in a located uptown! Within walking distance from Whole Foods, Slice Pizzeria, Pinkberry, etc.

802 ½ Nashville Ave. (7am-6pm)
Map/Directions

*Rue De La Course*
Both “Rue” locations are very popular study spots, but make up for it by being markedly open and spacious. Cash only!

3121 Magazine St. (6:30am-11pm)
Map/Directions
- Convenient food nearby

1140 S. Carrollton Ave. (6:30am-11pm)
Map/Directions

*Starbuck’s Coffee*
If I describe what a Starbuck’s is like, I will feel very silly.
Map/Directions to both

2801 Magazine St. (6am-9pm)
7700 Maple St. (6am-9pm)
- Convenient food nearby

*Mojo’s*
Decidedly a bit more hipster than the others, this is an interesting changeup from your typical New Orleans chain coffee shop. Mojo’s offers an excellent tea selection, as well as a variety of organic and vegan food options.

1500 Magazine St. (6:30am-12am)
Map/Directions

*Dee’s Coffee & Copy*
Near campus, also has copy services!

401 Baronne St.
Map/Directions
**Drug Stores:**

*Walgreens*
- 1801 St. Charles Ave.  
  [Map/Directions](#)
- 718 S. Carrollton Ave.  
  [Map/Directions](#)
- 5300 Tchoupitoulas St.  
  [Map/Directions](#)
- 2418 S. Carrollton Ave.  
  [Map/Directions](#)

*CVS*
- 4901 Prytania St.  
  [Map/Directions](#)
- 800 Canal St.  
  [Map/Directions](#)
**Grocery Stores:**

*Winn-Dixie* - 5400 Tchoupitoulas St.  
[Map/Directions]

*Rouse's*  
4500 Tchoupitoulas St. (Uptown)  
[Map/Directions]  
701 Royal St. (Downtown/Marigny)  
[Map/Directions]

*Whole Foods Market* - 5600 Magazine St.  
[Map/Directions]

*Walmart* - 1901 Tchoupitoulas St.  
[Map/Directions]
Guide to the Campuses:

Medical/Downtown Campus

Map of the Downtown Campus

1430 Tulane/Hutchinson Memorial Building
“The Hutch” [#1 on the campus map] houses the Rudolph Matas Medical Library, which is our primary library. It is located on the 2nd floor, and has ample space for studying. It has a fair number of study carrels, and there are also small study rooms available. Computer/printing access is also available. The hours listed below are when the library is operational, like if you need to check out a book or get your Dewey Decimal on, but you can still gain access after hours by swiping your student ID card.

Matas Library Regular Hours:
- Monday-Thursday (8am-11pm)
- Friday (8am-6pm)
- Saturday (11am-5pm)
- Sunday (11am-5pm)

In addition to Matas, there are many study rooms located on the Dean’s Hall (1st floor), though during regular school hours they are often utilized for administrative and curricular meetings. Study space is also available in the newly renovated Student Lounge, located adjacent to the cafeteria. The Campus Bookstore is also located at The Hutch, next door to the Student Lounge.

Cafeteria Hours:
- Monday-Friday (7am-3pm)
- Saturday, Sunday (closed)

1555 Poydras (#17)
You will use this building primarily for group activities and Standardized Patient sessions, but when it’s not being used for curricular activities, it serves as a great place to study. Located on the 22nd floor, it is comprised of small study rooms, most of which have gorgeous views of the city! However, on the weekends, the air conditioning is typically turned off, which is perfect if you like to feel swampy and moist when you study... A cafeteria is located on the ground floor.
The Murphy Oil Building/”Murphy” (#18)

The Murphy Building serves as the administrative headquarters for the school (15th floor). Here you’ll find the DeBakey Room, used primarily for group learning sessions (PBLs, TBLs, etc.—2nd floor). Murphy also houses a small gym, a large student lounge, and study rooms as well (6th floor).

Building Hours:
Monday-Saturday (6am-10pm)
Sunday (10am-6pm)

The Tidewater Building/1440 Canal (#3)

This building houses our School of Public Health and Tropical Medicine, as well as a few important student services:

- Card Services (8th floor)
- Parking Services (8th floor)
- Financial Aid Office (12th floor)

Undergraduate/Uptown Campus

Map of the Uptown Campus

The Uptown campus has a lot to offer! Parking is allowed in the garage adjacent to the Reily Center (see below) if you have a valid HEAL parking pass. If you do not, it is best to park on the streets that border the campus.

The Uptown campus is where you’ll find the Reily Student Recreation Center, our largest and most extensive gym. (#106 on the campus map)

The Howard-Tilton Library #60 is located essentially on Freret street (see campus map). While I’m sure it was one totally swinging building when it was constructed in 1968, the uptown library is now a bit dodgy in some parts. Some people swear by it, but be prepared for unpredictable temperature fluctuations, retro furniture, and to compete with undergrads who seem to be studying, but are actually vigorously facebooking/cyberbullying. On the upside, Tulane has recently renovated the ground floor, which now has a multitude of computer stations as well as a P.J.’s coffee shop!

Regular Hours:
Sunday-Thursday (8AM-3:45AM)
Friday (8AM-10PM)
Saturday (9AM-10PM)
There are two P.J.'s Coffee & Teas located on the uptown campus. One is located at the corner of Willow and McAlister (#96) while the other is located beneath beautiful Stern Hall (#19).

The Willow/McAlister location is conveniently attached to a computer lab with some booth-style seating for studying.

The Lavin-Bernick Center/LBC (#29), the undergraduate student center, is also frequented by studiers. It is open to the students at virtually all times, though the hours of the food court within it often vary on a restaurant-by-restaurant basis.

**Restaurants in the LBC Food Court:**
- Wall of Greens (salads, wraps)
- Quizno's
- Energy Zone (smoothies)
- Byblos (Mediterranean)
- Southern Tsunami (sushi)
- Baja Fresh (Mexican)
- Einstein Bros.
- Panda Express
Restaurants:

It has been estimated that there are over 900 restaurants in the city of New Orleans! Many of these restaurants are world renowned—try as many as possible! I’ve provided you guys with this smattering of restaurants organized into various categories. Enjoy!

* = offers delivery

Restaurants by Genre:

Pizza Places:

Theo's - 4218 Magazine St.
(504) 894-8554
Map/Directions

Angeletto's Pizza - 220 S. Robertson St.
(504) 581-3500
Map/Directions

Slice Pizzeria - 1513 St. Charles Ave.
(504) 525-7437
Map/Directions

Reginelli’s*
741 State St. (Uptown)
(504) 899-1414
Map/Directions

3244 Magazine St. (Garden District)
(504) 895-7272
Map/Directions

Fresco* - 7625 Maple St.
(504) 862-6363
Map/Directions

Naked Pizza* - 6307 South Miro St.
(504) 865-0244
Map/Directions
Domino’s*
135 Carondelet St.
(504) 525-3663
Map/Directions

1701 Tchoupitoulas St.
(504) 523-3030
Map/Directions

4938 Freret St.
(504) 891-3030
Map/Directions

Japanese/Sushi Restaurants:

Sushi Brothers - 1612 St. Charles Ave.
(504) 581-4449
Map/Directions

Hana Japanese Restaurant - 8116 Hampson St.
(504) 865-1634
Map/Directions

Mikimoto* - 3301 S. Carrollton Ave.
(504) 488-1881
Map/Directions

Miyako Sushi Bar & Hibachi - 1403 St. Charles Ave.
(504) 410-9997
Map/Directions

-DO NOT go here for the sushi...

Rock-n-Sake Bar & Sushi - 823 Fulton St.
(504) 581-7253
Map/Directions

Sake Café - 2830 Magazine St.
(504) 894-0033
Map/Directions

Kyoto Sushi - 4920 Prytania St.
(504) 891-3644
Map/Directions

Chinese:

Five Happiness* - 3605 S. Carrollton Ave.
(504) 482-3935
Map/Directions

Chef Panda - 247 S. Robertson St.
(504) 252-8336
-catering only!

Mexican and Tapas:

Superior Grill - 3636 St. Charles Ave.
(504) 899-4200
Map/Directions
- Great for large groups!

Taqueria Corona - 5932 Magazine St.
(504) 897-3974
Map/Directions

Nacho Mama’s - 3242 Magazine St.
(504) 899-0031
Map/Directions

Juan’s Flying Burrito
2018 Magazine St.
(504) 569-0000
Map/Directions

4724 S. Carrollton Ave.
(504) 486-9950
Map/Directions
Felipe's Taqueria - 6215 S. Miro St.
(504) 309-2776
Map/Directions
-Great for pick-up!

Baru Bistro & Tapas - 3700 Magazine St.
(504) 895-2225
Map/Directions

Mediterranean:

Mona's Café
4126 Magazine St.
(504) 894-9800
Map/Directions
1120 S. Carrollton Ave.
(504) 861-8175
Map/Directions
-Hookah!

Byblos Café - 3218 Magazine St.
(504) 894-1233
Map/Directions

Lebanon's Café - 1500 S. Carrollton Ave.
(504) 862-6200
Map/Directions

Attiki Bar & Grill - 230 Decatur St.
(504) 587-3756
Map/Directions
-Excellent hookah!
Italian:

(see the pizza section as well)

Vincent’s Italian Cuisine - 7839 St. Charles Ave.
(504) 866-9313
Map/Directions

Pascal’s Manale - 1838 Napoleon Ave.
(504) 895-4877
Map/Directions

Ice Cream/Yogurt

Creole Creamery - 4924 Prytania St.
(504) 894-8680
Map/Directions

Cold Stone Creamery - 624 S. Carrollton Ave.
(504) 218-8900
Map/Directions

Sucré - 3025 Magazine St.
(504) 520-8311
Map/Directions
- Great gelato!

Pinkberry - 5601 Magazine St.
(504) 899-4260
Map/Directions

Late Night/Bar Food:

Balcony Bar & Café - 3201 Magazine St.
(504) 891-2800
Map/Directions

Coop’s Place - 1109 Decatur St.
(504) 525-5093
Map/Directions

Cooter Brown’s - 509 S. Carrollton Ave.
(504) 866-9104
Map/Directions
**The Dough Bowl**”Boot Pizza” - 1039 Broadway St.
(504) 861-2200
Map/Directions

**St. Charles Tavern** - 1433 St. Charles Ave.
(504) 523-9823
Map/Directions

**Crepes-a-la-Carte** - 1039 Broadway St.
(504) 866-2362
Map/Directions

**Fine Dining** (relatively upscale, entrees $20+, reservations recommended)
- parents in town
- special occasion
- smoking hot date

**Antoine’s** - (504) 581-4422
713 Saint Louis St.
Map/Directions
Reservations

- Lunch: Monday-Saturday (11:30am-2pm)
- Dinner: Monday-Saturday (5:30pm-9:30pm)

**Arnaud’s** - (504) 523-5433
813 Bienville St.
Map/Directions
Reservations

- Lunch: Monday-Friday (11:30am-2:30pm)
- Dinner: Nightly (6pm-10pm)
- Sunday Jazz Brunch (10am-2:30pm)
Bayona - (504) 525-4455  
430 Dauphine St.  
Map/Directions  
Website  
-Lunch: Wednesday-Saturday (11:30am-)  
-Dinner: Monday-Saturday (6pm-)  

Brennan's - (504) 525-9713  
417 Royal St.  
Map/Directions  
Reservations  
-Breakfast/Brunch: Monday-Friday (9am-1pm)  
Saturday, Sunday (9am-2pm)  
-Dinner: Nightly (6pm-9pm)  

Brigtsen's Restaurant - (504) 861-7610  
723 Dante St.  
Map/Directions  
Website  
-Tuesday-Saturday (5:30pm-10pm)  

Commander's Palace - (504) 899-8221  
1403 Washington Ave.  
Map/Directions  
Reservations  
-Lunch: Monday-Friday (11:30am-2pm)  
-Dinner: Monday-Sunday (6:30pm-10pm)  
-Jazz Brunch: Saturday (11:30am-1pm)  
Sunday (10:30am-1:30pm)  

Oh, and $0.25 martinis at lunch!
Dick & Jenny’s - (504) 894-9880
4501 Tchoupitoulas St.
Map/Directions
Website

Galatoire’s - (504) 525-2021
209 Bourbon St.
Map/Directions
Reservations

  -Sunday (12pm-10pm)
  -Monday (closed)
  -Tuesday-Saturday (11:30am-10pm)

Herbsaint - (504) 524-4114
701 St. Charles Ave.
Map/Directions
Reservations

  Lunch: Monday-Friday (11:30am-1:30pm)
  Dinner: Monday-Saturday (5:30pm-10pm)

Stella! - (504) 587-0091
1032 Chartres St.
Map/Directions
Website

  -Dinner: Nightly (5:30pm-10:30pm)

Tommy’s Cuisine - (504) 581-1103
746 Tchoupitoulas St.
Map/Directions
Website

  -Dinner: Sunday-Thursday (5:30pm-10:30pm)
    Friday-Saturday (5:30pm-11pm)
Casual Dining  (moderate pricing, more laid back environment, reservations never hurt, but are not typically required)

- friends are in town
- when you want to go to dinner but not pay a fortune for a decent meal!

Acme Oyster House  (504) 522-5973
724 Iberville St.
Map/Directions
Website
  - Sunday-Thursday (11am-10pm)
  - Friday-Saturday (11am-11pm)

Camellia Grill  (504) 309-2679
626 S. Carrollton Ave.
Map/Directions
Website
  - Monday-Thursday, Sunday (8am-11pm)
  - Friday, Saturday (8am-1am)

Cooter Brown’s  (504) 866-9104
509 S. Carrollton Ave.
Map/Directions
Website
  - Sunday-Thursday (11am-3am)
  - Friday, Saturday (11am-4am)

Franky & Johnny’s  (504) 899-9146
321 Arabella St.
Map/Directions
Website
  - Open Daily (11am-9pm)

Fresco*  (504) 862-6363
7625 Maple St.
Map/Directions
Website  (online ordering available)
  - Open Daily (11am-10pm)
Gott Gourmet Café - (504) 373-6579
3100 Magazine St.
Map/Directions
Website
- Tuesday-Friday (11am-9pm)
- Saturday, Sunday (8am-5pm)

Ignatius Eatery - (504) 896-2225
4200 Magazine St.
Map/Directions
- Monday, Wednesday-Sunday (11am-9pm)

Mahony's Poboy Shop - (504) 899-3374
3454 Magazine St.
Map/Directions
Website
- Monday-Wednesday (11am-8pm)
- Thursday-Saturday (11am-10pm)

Port of Call - (504) 523-0120
838 Esplanade Ave.
Map/Directions
Website
- Sunday-Thursday (11am-12am)
- Friday, Saturday (11am-1am)

Reginelli's*
Map/Directions for both
Website
741 State St. (Uptown)
(504) 899-1414
3244 Magazine St. (Garden District)
(504) 895-7272
**Slim Goodie’s** - (504) 891-3447
3322 Magazine St.
[Map/Directions](#)

- Open Daily (9am-3pm)
- **Cash only!**

**St. James Cheese Company** - (504) 899-4737
5004 Prytania St.
[Map/Directions](#)

- Monday-Thursday (11am-6pm)
- Friday, Saturday (11am-8pm)
- Sunday (11am-4pm)