

100 reasons why Vanderbilt University is a great place to work

Vanderbilt University is committed to fostering and building a work force of faculty and staff dedicated to fulfilling the mission and purpose of the university. Core values such as inclusivity and diversity, health and wellness, professional development, work/life balance and more are the foundation in which employees can thrive and contribute their skills, strengths and talents. For more information, visit the [Vanderbilt Human Resources website](#).

Vandy Culture

1. [A Great Sense of Community](#) - Vanderbilt strongly believes the excellence we achieve is a direct result of bringing a wide diversity of life experiences, talents, backgrounds and ideas to our approaches to problem-solving and innovation, as we collectively engage in scholarly and social activities. All members of our diverse community—students, faculty and staff—matter and have a voice in creating an exciting and empowering Vanderbilt University
2. [Focus on Equity, Diversity and Inclusion](#) – Vanderbilt is dedicated to promoting diversity and inclusion throughout the university. Faculty, staff and students of all genders, races, ethnicities, sexualities, socioeconomic statuses, ages and abilities are guaranteed support. The University promotes continuing education and conversation with programs like the MLK Commemorative Series and the Holocaust Lecture Series. Multiple Inclusive Excellence Workshops are available to all employees of Vanderbilt.
3. [Emphasis on Continued Learning](#) - With programs like the Osher Lifelong Learning Institute for adults over 50 or Facilities University, a six week course designed for employees to learn about the operations of a successful campus, Vanderbilt encourages the community to become lifelong learners.
4. [Location in the Middle of a Vibrant City](#) – Vanderbilt’s campus is located in the heart of Music City USA. The city and its vibrant downtown is a center for the music, healthcare, publishing, banking and transportation industries. Nashville boasts several major league professional sporting teams and the University is across the street from Centennial Park; one of the city’s premier parks.
5. [A Beautiful Campus](#) – Vanderbilt’s campus is widely recognized as one of the nation's most beautiful. The oldest area of Vanderbilt University’s 330-acre campus is famed for its large expanses of trees and general verdure. In fact, the grounds are recognized as an arboretum, and almost 200 varieties of shrubs and trees are at hand.
6. [Chancellor’s Heart and Soul Awards](#) - The Chancellor’s Heart and Soul Award celebrates the selfless dedication that so many staff members have for the institution and the entire campus community. Given annually by Chancellor Zeppos, these recognitions carry with them a \$1,500 cash prize and an engraved wooden bowl, hand-crafted by artist Brenda Stein.
7. [Relaxed Dress Code](#) – The dress code at Vanderbilt varies from department to department. Employees enjoy a less traditional approach to business attire and should check with their supervisor about what is and is not appropriate to wear.
8. [Chancellor’s Lecture Series](#) - The Vanderbilt Chancellor’s Lecture Series strives to connect the university and the Nashville community with intellectuals who are shaping our world.
9. [Awesome Food](#) – Enjoy award winning dining options available through Vanderbilt Campus Dining. A few times throughout the year, Vanderbilt Campus Dining offers a limited time discount on faculty and staff meal plans.
10. [A Variety of Sporting Events](#) - Vanderbilt competes in the NCAA I (SEC) and performs well both on and off the field. The University competes in 14 sports and has over 350 student athletes.

11. [Going Green](#) - The Vanderbilt Green Fund (VGF) was designed to systematically reduce the greenhouse gas emissions and improve the sustainability of Vanderbilt University by funding projects with both environmental and economic benefits, and by enabling students, faculty, and staff to engage in the process of transitioning to a clean and sustainable energy future.
12. [Service Awards Ceremony](#) - Each year, Vanderbilt University honors staff who attain service milestones beginning with 20 years of service and above.
13. [myVU](#) – Vanderbilt University’s award winning electronic publication is delivered to your email every Monday, Wednesday and Friday, keeping you abreast of the latest happenings in the Vanderbilt community.
14. [VUToday](#) – Vanderbilt University’s award winning electronic publication is delivered to your email everyday keeping you abreast of the latest happenings in the Vanderbilt community.
15. [Get Social at Vanderbilt](#) – A great way to stay in touch with the most current developments throughout campus is through get.social@vanderbilt. This organization is responsible for the strategy, content and analytics for Vanderbilt University social media.
16. [University Staff Advisory Council](#) - University Staff Advisory Council represents you if you are a staff member in University Central and are not in a union-eligible job. They are an advisory group to administration and staff on issues, policies and practices that affect the university and those served by the council.
17. [Military Friendly Campus](#) – Vanderbilt prides itself on being military-friendly and provides an environment and programs especially suited to military candidates. VU strives to attract a diverse employee workforce including Military Veterans and service professionals. The **Bass Military Scholars Program** provides significant financial aid and programing support for an annual cohort of military veterans pursuing graduate and professional degrees.
18. [Public Art](#) – Public Art is a significant aspect of the art of campus although it appears outside the traditional art setting of studio/classrooms, museums, and galleries. Vanderbilt’s Art Department uses public art on campus to promote, stimulate, and to encourage dialogue.
19. [Employee Appreciation](#) – Throughout the year, Vanderbilt University appreciates and engages its employee’s with several Employee Appreciation events such as: the Employee Picnic, Symphony Concert, Vandy Chills, Tailgate, Turkey Toss, and more. These events are designed to bring the Vanderbilt community together in support of employee engagement and to help in creating an inclusive and rewarding University workforce.
20. [Learning and Organizational Development](#) – The Human Resource department offers a variety of professional development opportunities to individuals and teams. Their workshops facilitate learning by discussing topics relevant to your work, suggesting new tools and perspectives, demonstrating application of new methods, and providing a space for free exchange of ideas and affirmation.
21. [EEO Training Programs](#) - Vanderbilt University is committed to equal opportunity and affirmative action throughout the institution. EEO provides a range of services that support Vanderbilt's commitment to fairness, equity, access and respect: they provide education and training about EEO/AA, discrimination, harassment, diversity, disabilities, harassment and sexual misconduct.
22. [Studio Arts Program](#) – The Sarratt studio arts program is non-credit and open to everyone ages 18 and older. This program is open to Vanderbilt student, faculty staff and everyone from the Nashville area (and beyond). Classes in crafts and arts such as photography, pottery making, jewelry-making and weaving are available

23. [The Wond'ry](#) – At the Wond'ry, we strive to create a welcoming environment for all students, faculty, and staff to explore innovative ideas and entrepreneurial endeavors. Sharing your ideas, starting a new business, or creating a new product or service can be an exciting, challenging, and sometimes scary endeavor.
24. [Free media outlet access](#) - Award-winning news stories in *The New York Times* and *Wall Street Journal* are available for the Vanderbilt community through the Jean and Alexander Heard Libraries .
25. [Vanderbilt University Theatre](#) – Enjoy world-class mainstage productions through the course of a varied production season.
26. [Blair School of Music](#) - The Blair School of Music serves as the focal point for the study of music as a human endeavor and as a performing art. Distinguished programs include; The Blair Children's Chorus, The Nashville Youth Orchestra Program, and The Suzuki Program.
27. [Fine Arts Gallery](#) - The Vanderbilt University Fine Arts Gallery presents a series of exhibitions each year that demonstrate the broad scope of Eastern and Western art, from antiquity through old master traditions, and continuing through modern and contemporary art practices of the twentieth and twenty-first centuries. The Gallery's mission is to promote engagement with the visual arts among students and the greater community through exhibitions, collections, research, and instruction.
28. [Masters of Liberal Arts and Science Program](#) - Vanderbilt offers a graduate degree program for the part time adult student: the Master of Liberal Arts & Science (MLAS) Program. Employees receive a tuition discount.
29. [Vanderbilt Leadership Academy](#) - Established by Vanderbilt Chancellor Nicholas S. Zeppos in 2011, the Vanderbilt Leadership Academy (VLA) is a nine-month learning journey for high performing leaders in both academic and administrative areas that builds their knowledge, capability and passion for leading the institution.
30. [Owen Executive Education](#) – Meeting the needs of working professionals, Vanderbilt Executive Education Short Programs offer proven and practical two- to three-day focused workshops to help practicing managers develop and strengthen critical business skills—all without the commitment of earning a degree. These are courses are offered 20 times per year on a variety of topics. A discount is extended to university employees who enroll.

Benefits and Perks

31. [Insurance](#) – In addition to health insurance benefits including vision and dental options, Vanderbilt offers its employees life, long term disability policies, auto, homeowners, pet and other insurance options. Vanderbilt Mail Order Pharmacy is an easy way to receive your long-term maintenance medication.
32. [Administrative Leave](#) - Vanderbilt offers several types of employee administrative leave benefits including bereavement, jury/court appearances, military, and temporary layoff leave.
33. [Retirement Planning](#) – Vanderbilt partners with Fidelity Insurance to offer you the best guidance, planning and investment options to make sure you are saving enough for retirement. Vanderbilt has a 403(b) retirement plan for employees (nonprofit equivalent of a 401(k) plan).
34. [Paid Time Off \(PTO\)](#) - Gives employees paid time for vacations, personal time, and sick time (for the employee's own illness, injury, or for caring for eligible family members).
35. [Parental Leave](#) – Vanderbilt will provide up to two weeks (up to 80 hours) of 100% paid parental leave to the eligible parent serving as the primary caregiver following the birth or adoption of a child.

36. [Adoption Assistance](#) - Full-time regular employees who meet the established criteria shall be eligible for reimbursement for eligible expenses related to the adoption process. Reimbursement will not exceed \$3,000 per child with a lifetime maximum limit of two (2) adoptions per employee.
37. [Holidays](#) - Regular and term non-union employees are immediately eligible for holidays as they occur. As long as an employee is in active paid status on both the scheduled workday before and after a holiday, the employee is eligible for holiday time whether or not the holiday falls on a day the employee is actually scheduled to work. Current holidays include: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Day after Thanksgiving, Winter Break.
38. [Vanderbilt University Credit Union](#) - Vanderbilt University Credit Union is excited to offer VU employees exclusive discounts and benefits on products and services you use every day. They offer Savings, Checking, Debit, Car Loans, Home Equity Loans, and so much more. Credit union members have already saved over \$1 billion with Love My Credit Union Rewards discounts.
39. [Music City Star Commuter Rail Discount](#) - Vanderbilt University provides up to a 60% discount for employees who wish to ride the commuter train, the Music City Star.
40. [Vanderbilt Classifieds](#) – The Vanderbilt Classifieds is a free online service for Vanderbilt faculty, staff and students intended for the exchange of goods and services on a person-to-person basis among members of the Vanderbilt community.
41. [Vandy Free Swap](#) – A resource for Vanderbilt students, faculty and staff who are giving away (and getting) free, usable, unwanted items to others instead of disposing of them in landfills. You may find what you're looking for and unload stuff you don't want. It's a simple, economical, rewarding practice that can literally help save the Earth.
42. [Mail Services](#) – Enjoy quick and accurate mail services in a convenient location on campus!
43. [Discounted Movie Tickets](#) - Discounted Regal movie tickets are available to VU students/faculty/staff at the Sarratt Box Office.
44. [Child and Family Center](#) – The Child & Family Center offers a play-based, constructivist curriculum informed by Peabody research. They have three on-campus child care facilities, are licensed through the Tennessee Department of Human Services, and provide back-up care through Nannies of Green Hills. Resources and referrals are available through the Family Center for such family needs as elder care, summer programs, tutoring and test preparation, and before and after school care.
45. [Vanderbilt Sitter Service](#) - The Sitter Service is a great resource for connecting faculty and staff who need sitter services with Vanderbilt students and employees who are interested in providing care for infants, preschools, school-agers, adults, and pets.
46. [Back-up Adult Care](#) - Care.com is an award winning back-up childcare and adult care services company that has been in business since 1984. Care.com services are offered to Vanderbilt benefits-eligible faculty and staff. Faculty and staff may use up to 5 days combined of childcare and adult care each contract year. Adult care services include a phone consultation by a geriatric Licensed Clinical Social Worker as well as a temporary personal/companion care services through a credentialed national network of home-care agencies.
47. [Back-up Childcare](#) - Care.com is an award winning back-up childcare and adult care services company that has been in business since 1984. Care.com services are offered to Vanderbilt benefits-eligible faculty and staff. Faculty and staff may use up to 5 days combined of childcare and adult care each contract year. All Care.com child caregivers are thoroughly screened, trained and experienced. Faculty and staff may call for care beginning at 6AM CST, Monday – Friday, or may place the request online any time at www.care.com/backupcare.

48. [Vanderbilt Home Care Services](#) - Vanderbilt Home Care Services offers a variety of skilled and non-skilled services to meet the needs of the clients and their families at home or in the hospital. We provide private duty services that include nursing, home health aides, companion care and inpatient sitter services 24 hours a day.
49. [Adult Care](#) - More and more adult children find themselves as the primary caregivers for their aging parents. It is estimated that today's family members are responsible for 80% of the elder care provided in the United States. Individually prepared information packets are available for all regular faculty and staff who need assistance with elder care.
50. [Boomers, Elders and More Lunchtime Series](#) - A monthly series offered at lunchtime, on a variety of topics relating to baby boomers, the elderly and much more. All sessions are from noon-12:45pm.
51. [Caregiver Support Group](#) - Do you provide some degree of care to a family member or loved one? Do you feel stressed out or isolated due to your caregiving situation? Would you like to learn more about community resources available to help caregivers? A support group allows people to share information and openly discuss their problems without judgment, to process their feelings, and to hear others talk about their situations. Participation can help people deal more effectively with their problems. The main thing support groups provide is the feeling that you are not alone.
52. [Tutoring Services](#) - Does your child need help preparing for the SAT? Does he or she need a little extra help with math? Check out a list of tutoring services in the Middle Tennessee area.
53. [Theme Park Discounts](#) - TicketsatWork offers discounts and special access to theme parks, attractions, movie tickets, hotels, tours, Broadway and Vegas shows and more.
54. [Kindermusik at Blair School of Music](#) - This nationally acclaimed music program is designed for children from infancy to 6 years of age and their caregivers. Participants enjoy singing, listening, dancing, interacting socially, and playing simple instruments. Blair's program has attained Maestro status from Kindermusik and is listed in the Top 5 percent of all Kindermusik programs in the U.S.
55. [Summer Programs at Vanderbilt](#) - Summer Programs at Vanderbilt is an online directory of summer camps, programs, and activities for children K-12 grades.
56. [Banking Discounts](#) – Check out the Financial Services section of the Employee Discount page for additional banking and financial services discounts.
57. [Flexible Spending Accounts](#) - Vanderbilt offers a health care FSA and a dependent day care FSA. Full-time staff and faculty can hold back a portion of their pay, pre-tax, to pay for medical expenses or for day care for children or dependent older adults.
58. [Alternative Work Arrangements](#) - Vanderbilt University supports alternative work arrangements as viable options for employees in some situations based upon the needs of the job, work group or organization.
59. [Equitable Compensation](#) - Vanderbilt is committed to maintaining salary levels that are in compliance with all applicable laws and regulations and internally equitable. All employees will be compensated fairly regardless of race, color, religion, sex, sexual orientation, national origin, age, disability, veteran status or marital status.
60. [Cell Phone Discount](#) – Vanderbilt University Information Technology offers cell phone discounts through a Vanderbilt master agreement.
61. [Will Preparation Services](#) - If you are enrolled in supplemental life insurance through Vanderbilt, you can take advantage of MetLife's will preparation service, which also includes living will and power of attorney preparation

services. If you choose one of Hyatt Legal Plans' more than 12,000 participating attorneys, you will receive these services at no cost.

62. [Employee Discounts](#) – Vanderbilt University offers hundreds of discounts to its employees thru its employee discount program. Included are discounts to local merchants, apartments, automobile, entertainment, tickets and financial services just to name a few.
63. [Mr.C's Kids Club](#) - Parents and Vanderbilt fans are invited to register their kids (grades 8th and under) for Mr. C's Kids Club.
64. [Discounted Athletic Tickets](#) - Sign-up for Vanderbilt's Faculty-Staff payroll deduction program. If you are a Vanderbilt University full-time employee, just fill out the form, be sure to include your Vanderbilt employee ID number, sign it and bring the completed form to the Athletic Ticket Office.
65. [Legends Golf Course](#) - Did you know that as a Vanderbilt faculty or staff member, you can receive a discount on all initiation fees and monthly dues at Vanderbilt Legends Club? Vanderbilt Legends Club is fully owned by Vanderbilt University and is the only private club in Middle Tennessee that offers 36 holes of golf. The club is home to the Vanderbilt men's and women's golf teams and will proudly host the 2012 Women's NCAA.
66. [Vanderbilt Hardship Fund](#) - The Faculty and Staff Hardship Fund was established in 1994 to financially assist Vanderbilt faculty and staff who are experiencing a temporary hardship due to a significant life event.
67. [Vanderbilt Dyer Observatory](#) - Crowning one of Nashville's tallest peaks, Vanderbilt Dyer Observatory is a Tennessee treasure. Surrounded by scenic Radnor Lake State Park and listed on the National Register of Historic Places, Dyer's telescopes have pointed toward the sky since 1953. In order to inspire student and public interest in science, technology, engineering, math, and astronomy, the observatory offers many activities such as summer camps, teacher workshops.
68. [Ride to Work Program](#) - Vanderbilt's "Ride to Work" program fully subsidizes (100% discount) the cost for all Vanderbilt employees and graduate, professional, and medical students to ride the local mass transit buses to and from work each day. To ride for free, eligible individuals simply swipe their VU ID card as they board an MTA bus going to and from work, and Vanderbilt will be charged for the ride. Once on campus Vandy Vans are available for transport.
69. [Libraries](#) – Employees of Vanderbilt can use their staff ID card or badge as a library card that gives them access to all the libraries in the University system—hundreds of thousands of books, journals, and videos full of stories, pictures and facts.
70. [Software Store](#) - The ITS Software Store offers discounts on Microsoft and Adobe products for faculty and staff personal use.
71. [Barnes and Noble Bookstore](#) - Vanderbilt faculty and staff receive a 10% discount on most merchandise and café items.
72. [Dependent Tuition Benefit Plan](#)— Educational benefits are available for the employee's dependent children when the employee is at least twenty-one (21) years old and they have been employed full-time for the past five continuous years in a regular or term position at Vanderbilt (or any other accredited college or university, with no break-in-service greater than three (3) continuous months duration).
73. [Tuition Benefit Plan for Faculty and Staff](#) - Educational benefits are available for faculty, staff and their spouses provided: the faculty or staff member is employed full-time in a regular or term position AND has been in such a position for three months before course registration.

74. [Auditing a Course at Vanderbilt](#) - A faculty or staff member and their spouse can audit one class per semester at Vanderbilt for no college credit with the written permission of the class instructor and their supervisor.
75. [Computer Training](#) - Vanderbilt University, through their Microsoft Agreement, offers free computer-based training for the Microsoft Office Suite through Microsoft Imagine Academy to anyone with a VUnetID and e-password.

Safety, Health and Wellness

76. [Health Plus](#) – Committed to faculty and staff health and wellness, Health Plus offers award winning programs such as Go for the Gold, a wellness incentive program, Wellness Coaching, and the annual ‘Hold the Stuffing’ contest.
77. [Annual Flulapalooza](#) - Free vaccination is available each year from early fall through the end of March in the Occupational Health Clinic, satellite clinic at One Hundred Oaks, and a vast array of mobile flu on-sites both on and off campus.
78. [AlertVU](#) – Vanderbilt’s emergency system rapidly sends messages to the delivery points the user has chosen— cell phone (voice or text), land line, and Vanderbilt email account in the event of an emergency that poses an imminent threat or danger to the Vanderbilt community.
79. [VandySafe](#) –a mobile safety app allows users to connect directly from their cell phones to the Vanderbilt University Police Department for emergency services and non-emergency reports to with text, photos, or videos,
80. [Police Department Safety Programs](#) – VUPD’s Community Relations Division provides educational programs on a variety of topics to the Vanderbilt community including: Rape and Sexual Assault Risk Reduction, Domestic Violence Education, Workplace Violence Education, Personal Safety, Rape Aggression Defense Systems, Victim Assistance, Sexual Assault, Alcohol and Drug Awareness, Travel Safety, and Property Protection.
81. [Emergency Preparedness](#) – It is the policy of the Vanderbilt University Department of Public Safety to maintain essential business services and operations during any incident or emergency situation while providing for the protection of life, health, and safety for all students, faculty and employees. Essential business services include supporting students in residence, operating research facilities, and providing necessary support and administrative services for these essential functions.
82. [Emergency Phones](#) - Emergency phones are conveniently located throughout the campus and automatically dial the VUPD Communications Center.
83. [Auto Assistance Available](#) –Need a Jump Start? Locked Your Keys in Your Car? If you are a Vanderbilt employee, student or visitor and your vehicle is on Vanderbilt property, our Community Service Officers are happy to assist you.
84. [Walking Escort Service](#) - VUPD provides walking escorts for students, faculty, and staff walking to and from any locations on campus during the nighttime hours. The telephone number to call for a walking escort is x18888 (or 421-8888 off-campus)
85. [Fingerprinting](#) - Fingerprinting services are offered to members of the Vanderbilt community (faculty, staff and students only) who need fingerprints for licensing, citizenship, internship applications, etc. A valid photo I.D. and Vanderbilt I.D. are required, and the service is provided free of charge.
86. [Safe Deal Zone](#) - The Vanderbilt University Police Department has designated the lobby of the Police building located at 2800 Vanderbilt Place as an “Internet Exchange Area”. The Exchange Area is for VU students, faculty

and staff to trade legal items bought and sold online on various second hand applications in a safe environment. Either the seller or buyer must be Vanderbilt affiliated (Student, Faculty or staff).

87. [Emergency Ride Home](#) - The Regional Transit Authority (RTA) subsidizes free emergency taxi fares (up to 8 rides per year per person) for carpool and vanpool members who are pre-registered in the program. The service is intended to provide free emergency rides home for registered commuters who travel in Davidson, Cheatham, Dickson, Maury, Montgomery, Robertson, Rutherford, Sumner, Williamson or Wilson counties, who cannot ride home with their normal carpool, vanpool, train or express bus. Commuters must be pre-registered in the program and will receive a voucher for a taxi or rental car for transportation home.
88. [Faculty and Staff Express Care](#) - Faculty/Staff Express Care is provided by the Occupational Health Clinic as a benefit for Vanderbilt faculty and staff. A Vanderbilt ID is required. We treat minor acute illnesses on a daily walk-in basis. Faculty/Staff Express Care is open weekdays from 7:30 a.m. to 4:00 p.m.
89. [Mail Order Pharmacy](#) – Pharmacy service is available through the Vanderbilt Mail Order Pharmacy and is an easy way for you to purchase a 90-day supply of your long-term or maintenance medications.
90. [Work/Life Connections - Employee Assistance Program](#) - The Work/Life Connections-Employee Assistance Program is like a travel agent for psychological support services. Employees seek services from WLC-EAP to deal with a variety of issues (stress, emotional health, relationships, family, financial, alcohol, drug, legal, and other personal concerns).
91. [Babies & You Prenatal Education Class](#) - A prenatal education program to encourage early and consistent prenatal care. The program is offered to Vanderbilt faculty/staff, spouses, or dependent children. Educational sessions on various topics are offered monthly. A \$50 incentive is offered to those registering in the first trimester, attending at least 3 of the monthly classes, and providing documentation of prenatal provider visits.
92. [Occupational Health](#) - The Occupational Health Clinic (OHC) helps protect Vanderbilt faculty and staff through a variety of programs used to monitor exposure to workplace hazards and treat work-related illness and injury. OHC also provides workplace ergonomic consultations for departments.
93. [Vanderbilt University Recreation and Wellness Center](#) - The mission of the Vanderbilt Recreation and Wellness Center is to encourage lifelong learning, develop healthy lifestyles, foster leadership, instill an appreciation for diverse communities, and enhance interpersonal relationships. This is accomplished by providing quality facilities, and by using intentional, educational, and enjoyable programming that focuses on Vanderbilt University students, faculty, staff, and the greater Nashville community.
94. [Adventure Trips](#) - Trips (everything from hiking to spelunking) are open to all Vanderbilt University undergraduate, graduate, and professional students, faculty, staff, and VRWC members. Prices include transportation, in-camp food, group and/or specialized equipment, and fees. Personal gear may also be rented from the Outdoor Recreation Center.
95. [Lifeguard Certification](#) - The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.
96. [Vandy Walks](#) – Vandy Walks is a combined walking and lecture series brought to you by The Rec and Health Plus. Throughout the spring and summer months, walks are offered featuring various aspects of the Vanderbilt University campus, such as its buildings and their architectural design, sculptures, and more. Currently there are seven predefined walking routes across campus that range from 10 to 40 minutes.

97. [Vandy Cooks](#) - Vandy Cooks healthy cooking demonstrations are offered in the Recreation & Wellness Center's teaching kitchen. Demonstrations are free, open to all employees, and led by Vanderbilt's celebrated chefs, registered dietitians, and expert guests. Tasty samples and recipes with nutrition analysis are provided at each session.
98. [Swim Lessons](#) - Develop new skills and strokes with Vanderbilt Swim School! Group and private swim lesson registration is available online now at the Vanderbilt Recreation & Wellness Center. Participants work individually or collectively in a group setting with a certified swim instructor.
99. [Compass Health Assessment](#) - Understanding how your lifestyle and daily habits affect your health is important. Completing the Compass health assessment every year can help you recognize what you are doing well and identify areas for improvement. The Compass is a reliable and valid tool to assess fifteen major areas of health: Cardiovascular Risk, Physical Activity, Weight, Tobacco, Pain, Alcohol, Nutrition, Preventive Care, Safety, Stress, Life Outlook, Sleep, Productivity, Social Support and Health Status.
100. [Farmers' Market](#) - The Nashville Farmers' Market at Vanderbilt University Medical Center returns to campus in June, and will be held every Thursday from 2:00-5:30 p.m. through October. The market is located on the Medical Center plaza near Eskind Library. Stop by and shop for local fruits and vegetables; dairy products such as goat cheese, milk and yogurt; grass-fed beef; free-range chicken; flowers; and more.