

CU employees shared their best summer spots in the CU & You photo contest ^[1]

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In July, CU Advantage hosted the CU & You photo contest on the [@cuadvantage Instagram account](#) ^[3]. From national parks to back porches or scenic locales abroad, 32 employees submitted photos highlighting the places they go to fill their cups (and the CU Advantage perks that empower them to do so).

More than 1,200 people voted and four employees were chosen to win a CU-branded travel tumbler.

Cheers to our the winners



Top left: Becca Steinbach — "This summer my book club came to visit! We loved our time talking about the books we read by local authors and hiking around Bear Lake in Rocky Mountain National Park. A perfect way to recharge."

Top right: Kayla Leigh — "I love unwinding after a sunrise hike in the Flatirons. It makes the day just seem filled with possibilities."

Bottom left: Jayna Hart — "Maui was the chosen spot this summer! Truly a place of magic, the relaxing nature of the island is the perfect spot for vacation."

Bottom right: Arup Debnath — "Outside the Jennie Smoly Caruthers Biotechnology Building (southwest entrance). Stepping outside the lab to the crisp, panoramic view of the Flatirons is my ultimate way to pause and recharge. Looking out at the mountains gives me a clear head and peaceful mental reset during long research days."

Get inspired with your colleagues' submissions

There's truly something for everyone in Colorado and beyond. Here are some highlights from the employees who submitted.



Provat Ahmed — "Recently, we headed out to Rocky Mountain National Park for some late-night stargazing. Capturing this Milky Way moment with friends was an amazing way to disconnect and recharge!"



Melissa Staten — "Family time every summer up at Trappers Lake! Peaceful, quiet, no cell service."



Marcela — "I love to have a lunch break at Farrand Field with the company of my Teddy Bear. We relax in the shade on the very hot days after a short walk."



Patty Armfield Witkowsky — "I recharged on a trip to several countries in South America where I got to see amazing sites like Iguazu Falls in Argentina. Enjoying new cultures and seeing amazing sites that are beyond definition motivate me to continue my work to show students all the possibilities in the world with their education through CU!"



Sarah — "With the generous vacation we get at CU, I was able to save up 3 weeks to go to the Seychelles Islands, where my husband (and fellow CU graduate) is from."

See all the submissions in our [Instagram stories](#) [3].

Fill your cup with CU Advantage perks

CU Advantage catalogues hundreds of employee benefits and perks available to CU employees. Whether your retreat is out in the mountains, across the ocean or right in your backyard, CU Advantage can help you fill your cup without breaking the bank.

- Paid leave for CU employees
 - [University Staff](#) [4]
 - [Faculty](#) [5]
 - [Classified Staff](#) [6]
- Free [state park passes](#) [7] through public libraries
- Free admission to [History Colorado museums](#) [8]
- Flight discounts through [Delta](#) [9] and [United Airlines](#) [10]
- DIA parking [discounts at multiple lots](#) [11]
- Event tickets, product discounts and more through [TicketsatWork](#) [12]
- Savings at hundreds of local and national retailers through [BenefitHub](#) [13]

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