ORIENTATION SCHEDULE AUGUST 2015

IMPORTANT HUMPHREY STAFF CONTACT INFORMATION:

Dr. Peter Gregory, Director
pg46@cornell.edu

Francine Wilson Jasper, Assistant Director
Office: 607-255-1907; cell: 607-227-5802
fj10@cornell.edu

Michelangelo Lieberman, Graduate Assistant
Office: 607-255-2689 cell: 631-278-3474 mel274@cornell.edu

Diane Munn, Administrative Assistant
Office: 607-255-3811, dmm40@cornell.edu

All activities are required unless otherwise indicated. Please be respectful of informing staff when you may be late or have a conflict with a scheduled event. Casual dress is appropriate for all orientation activities (unless noted). Meetings will be in Mann Library B75 Conference room, unless otherwise noted.

Saturday, August 1 ARRIVAL

Michelangelo Lieberman, Graduate Assistant, Peter Gregory, Director, or a friendship partner will meet you at the airport.

Sunday-Monday, August 2-3 Settling in, Accommodations, Banking, Shopping.

Tuesday, August 4 Important! Bring your passport, DS2019 and welcome package

11:00 - Rides to campus. Hasbrouck residents wait in front of Community Center. Mews Hall please wait in front of building.
12:00 - 2pm  **Orientation Overview**  
Lunch  
Dr. Peter Gregory, Director  
Francine Wilson Jasper, Assistant Director  
Michelangelo Lieberman, Graduate Program Assistant  
Diane Munn, Administrative Assist and Undergraduate Coord.  
Introductions, schedule review, emergency contact information  
Mann Library B75

3-4 pm  Check-In with International Students and Scholars Program  
Bring passport, DS2019 and **print I-94 card before this session**  
Mann Library B75

**Afternoon**  
Open bank accounts, sign lease agreement, grocery or household supplies shopping

**HOMEWORK:**  
Review your leases and the visitors guide on your flashdrive. Come prepared to discuss on Wednesday and ask questions about settling in Ithaca.

**Wednesday, August 5**

- Fellows in Mews Hall check out before noon by returning your key to Robert Purcell Union, conference services front desk on the 1st floor

1 pm  **Understanding your Lease and what you need to know about settling in Ithaca**

2 pm  **completing documents for IIE and Cornell**

**Thursday, August 6**

**12:30–2:00 pm**  **Components of the Humphrey Fellowship Program.**  
Peter Gregory and Francine Jasper  
Seminars, enhancement workshops, courses, professional visits, advisors, Global Leadership Forum, volunteer activities and professional affiliation

2:30 – 3:30 pm  Cornell ID paperwork, 112 Mann Computer Lab.

**Afternoon**  
Continue settling in

**Friday, August 7**

9:30 am  Meet in the parking lot behind Bradfield Hall for transportation

10 am – 3pm  **Team Building Program**  
**Cornell University Hoffman Challenge Course**  
This program uses a series of activities for problem solving with the purpose of bringing a diverse group of people together.
A lunch will be provided. **Dress for outdoor activity, sports shoes and clothing, an umbrella for rain.**

**Saturday, August 8**

4:30 pm  **Pick up at homes**
5:50 pm  **Meet and Greet Friendship Partners at Vivian and Gary Field’s Home**
         17 Parkway Place, Ithaca, NY  14850

**Sunday, August 9**

Free Day

**Monday, August 10**

11:00 am  **Travel Information**

1-3:30  **Practice Riding the bus downtown or to the Ithaca Mall**
        It will be $1.50 each way or use your Cornell ID if ready

**Tuesday, August 11**

9:30 -12:00 pm  **Welcome to American Culture: Tips for Living and Working Here**

What are general values held by most Americans that affect social and business relationships in the United States? We'll cover American expectations about communication styles; meeting people and conversations; plus social, workplace, and campus etiquette. You will compose sentences to say when introducing yourself and talking about your goals for this year, and then practice networking in a group setting. We'll look at ten phrases that govern many American attitudes about life.

Deb Hover B75 Mann Library

1:15 pm  **Meet in Mann Library Lobby**

2:00 pm  **Service learning activity meet director of ReUse Center to learn about social entrepreneurship**
         **ReUse Center is in the Triphammer Mall**

**Wednesday, August 12**

9:30-12:00 pm  **Hello! How to Conduct Effective Telephone and Email Communications**
This year is your opportunity to meet many experts in your field and establish valuable contacts. What should you say when you call an office for the first time and ask to speak to someone? How do you write polite requests in emails? How do you set up meetings with Cornell professors and other professionals? We’ll look at examples of tactful messages and help you write your own.

B75 Mann

1:30 pm Meet in Mann Library Lobby to go to Cooperative Extension
615 Willow Ave.

2:00-5:00 pm Visit to Cornell Cooperative Extension and Farm
Learn about the agricultural, environmental, consumer education programs and connection between university and public education and connections to local and state government
We will visit a local organic farm
Kenneth Schlater and Matthew LeRoux

Thursday, August 13

10-11:30 pm Overview of Mann Library: You have a world of information at your fingertips with the library. A review of resources and tour with Jim Morris Knowler

1:00-3:30 pm It Happens to Everyone! How to Discuss Conflicts and Solve Problems
How can you disagree with someone without being disagreeable? It is stressful to live in a strange country, share an apartment with a roommate, and face new situations every day. Here are some helpful guidelines to handle problems as they happen before they become major issues and ruin positive relationships. Conflict resolution is a valuable skill for everyone in all personal and work situations.

Friday, August 14

10:00 am Mike and Francine for transportation to campus if needed

11am-12 pm Group photograph and individual photos taken for brochure
Business or professional attire
Plant Science Garden; in case of rain meet in Mann Library lobby

1-2 pm Humphrey Fellows Introductory Presentations
15 minutes each
Abdul Waheed Shaikh, Pakistan
Andrea Reyes, Chile

Saturday and Sunday August 15 - 16 FIELD TRIP – Niagara Falls
Depart Ithaca
Bring a small bag to fit under your seat. This will be an overnight trip. Bring money for meals. We will stay at Wingate Inn Rainbow Blvd, Wingate by Wyndham Niagara Falls 333 Rainbow Blvd, Niagara Falls, NY 14303 US. Tel - (716) 285-4000

We stay on the American side. Visas are required to enter Canada.
Niagara Falls State Park is the oldest state park in the U.S.A., established in 1885 as the Niagara Reservation, the first of several such reservations that eventually became the cornerstones to the New York State Office of Parks, Recreation and Historic Preservation.

3,160 tons of water flows over Niagara Falls every second. This accounts for 75,750 gallons of water per second over the American and Bridal Veil Falls and 681,750 gallons per second over the Horseshoe Falls.

The water falls at 32 feet per second over the falls, hitting the base of the falls with 280 tons of force at the American and Bridal Veil Falls and 2,509 tons of force at the Horseshoe Falls.

Niagara Falls are capable of producing over 4 million kilowatts of electricity, which is shared by the United States and Canada.

Four of the five Great Lakes drain into the Niagara River, (Superior, Michigan, Huron and Erie) before emptying into Lake Ontario. These five Great Lakes make up almost one-fifth of the world's fresh water supply.

Nik Wallenda became the first person to walk on a tightrope 1,800 feet across the falls between the U.S. and Canada.

Sunday, August 16

11:00 am Check out
Return to Ithaca before 5pm

Monday, August 17

11:00-12:00pm Humphrey Fellows Presentations
Bethzaida Carranza Chavez, Panama
Viktor Kmytko, Ukraine

1:30 pm Meet in Mann Library Lobby to walk to Uris Hall

2-3:30 pm Mario Einaudi Center for International Studies
Faculty and staff welcome Humphrey Fellows
Learn more about this center which is an umbrella organization for all international organizations on campus and supports regional studies programs for Africa, Asia, Europe and Latin America
108 Uris Hall

Tuesday, August 18
9:30-10:30 am  Humphrey Fellows' Presentations
Gereltuya Puntsagdash, Mongolia
Halima Abdul Hossain, Afghanistan
B77 Mann Library

11:00 am  Depart for Watkins Glen Park for a hike and visit the Wineries

Wednesday, August 19

9:30-10:30 am  Humphrey Fellows Presentations
Marlen Tynaliev, Kyrgyzstan
Mirian Bueno, Honduras
Ngben Wipor Kabitshwa, Democratic Republic of the Congo

1:00 pm  Health and Wellness
We will begin with a discussion about your insurance
Meet in B75 Mann Library

2:00 pm  Walk to Gannett Health Service

2:30-3:30 pm  Walk to Gannett Health Service
Learn about their services, and best practices to stay healthy
Martha Williams

Thursday, August 20

9:30-10:30 am  Humphrey Fellows Presentations
Nosheen Fazal, Pakistan
Oscar Diaz Forero, Colombia

Noon- 1pm  Meet IP-CALS staff and faculty (tbc)

Friday, August 21

10:00 am  Meet in Mann Library Lobby
Take bus downtown to Loaves and Fishes

11 am-1 pm  Loaves and Fishes (to be confirmed)
210 N. Cayuga St.
J.R. Claibourne
You will be introduced to this important community service to help
the working poor. We will have lunch and a tour. An opportunity to
volunteer during your Fellowship

Saturday, August 22

6am-5:00 pm  Dump and Run*
On- campus yard sale for cheap clothing and appliances (perfect for
finding winter coats and shoes!)  *Optional*
3-7:00 pm  International Graduate Student Orientation, Statler Hall *(optional)

Sunday, August 23

7:00am–2:00  Dump and Run

Monday, August 24

9:30-10:30 am  **Academic Program**
Discussion of courses: selection, registration for extramural study
Peter Gregory, Mike Lieberman and Francine Jasper
B75 Mann Library

2:30 pm  Meet in Mann Library Lobby to depart for Mayor’s office

3:30 - 4:30 pm  **Ithaca Mayor Svante Myrick**
Welcomes Humphrey Fellows
Ithaca City Hall, 108 E. Green Street

Tuesday, August 25  **CLASSES BEGIN**

Wednesday, August 26

11:00-12:10  Weekly Humphrey Fellows Seminar every week
B75 Mann Library
Note: Do not schedule any classes for this time

Saturday, August 29

5:00 pm  **BBQ with MPS Graduate Students**
At Prof. Steven Kyle’s home
130 Sears St., Ithaca NY 14850

Sunday, August 30

2:00 pm  **Meet the Alliance for Science Fellows**
Dr. Sarah Davidson Evanega’s home
116 Lake Ave. (near Cayuga St., Cascadilla and Gimme Coffee)

Other dates to note or hold FALL 2015

Every Wednesday 11:00 - 12:10 Humphrey Fellows seminar. Some Friday afternoon special seminars
Sept. 4th New York State Fair. Leave in the morning and return in the evening
Sept. 7th Labor Day – No classes
Sept 12th A day on your own in NYC optional and $50 per person
Sept 14-16 all day 7 Habits for Highly Effective People training
Oct. 9-11 Fall Break and retreat to Adirondacks
Oct. 11-14 Global food security conference (Cornell University)
November 13-15. Finger Lakes Social entrepreneurship Workshop
November 17-21 International education Week- two day trip to Alfred for presentations