

# Upstate MD/PhD Program Immersion Days

# UPSTATE

## MEDICAL UNIVERSITY

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### *MD/PhD Program*

HOSTED BY OUR WELCOMING COMMITTEE:

MATTY LESKO (203) 505-1277

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### Itinerary

Planning and Arrival

Connect with your student host prior with any questions and to arrange carpooling to campus/hotel, recommendations, etc.  
Text/call your student host upon arrival

**Campus:** Weiskotten Hall, 766 Irving Ave, Syracuse, NY 13210

**Andrea's Office:** Weiskotten Hall, Room 3118  
*Can drop bags here if early check-in is unavailable.*

**Hotel:** Collegian Hotel and Suites, 1060 E Genesee St, Syracuse, NY 13210, (315) 476-4212

\*Check-in: 3PM - Call day of to inquire about early check-in. Feel free to drop off any bags in Andrea's office when you arrive.

## Itinerary

Date	Wednesday 03/05
2:00 - 3:00	<p><b>Welcome Reception</b> <b>Location: Weiskotten Hall 2231</b> <i>Lunch provided</i></p> <p>Speakers include members of the Welcoming Committee and some of the faculty members you may have connected with regarding lab rotations</p>
3:00 - 4:00	<p><b>Afternoon Tea with the College of Graduate Studies</b> <b>Location: Weiskotten 3113</b></p> <p>This is a weekly social event in the college. You will meet the Graduate Studies Dean, Assistant Dean and other staff members as well as many students and postdoc from various labs.</p>
4:00 - 6:00	<p><b>Hotel Check-in</b> <b>Location: Collegian Hotel and Suites, 1060 E Genesee St, Syracuse, NY 13210, (315) 476-4212</b></p> <p>Take time to settle-in</p>
6:00 - 8:00	<p><b>Dinner and Happy Hour (optional)</b></p> <p>Salt City Market</p>

## Itinerary

Date	Thursday 03/06
8:30 - 11:00 Breakfast available in Weiskotten 3113 throughout this time	<b>Breakfast starting at 8:30 and available until 11:00 (optional)</b> <b>Location: Weiskotten 3113</b>  <b>Medical School Lecture (optional)</b> Instructor: Dr. Dhamoon <b>9:00 - 11:00</b> <b>Location: TBD</b>
11:15 - 12:00	<b>Tour - Meet in Weiskotten 3113</b> Weiskotten > New Academic Building (NAB) > Hospital > Cancer Center > Nappi Wellness > Institute for Human Performance (IHP) > Campus Activities Building (CAB) > Crouse Hospital > Weiskotten
12:00 - 4:30 Sandwiches and coffee available in Weiskotten 3113 throughout this time for all current MD-PhD students and visitors	<b>1- Lab Visits</b> Please arrange an minimum of 2 lab visits during this time (consider Friday morning, too)  <b>2- Open Office Hours (optional)</b> Dr. Dhamoon's Office: Weiskotten 3165 Andrea's Office: Weiskotten 3118  <b>3. Sandwiches and coffee with MD/PhD students by lab (optional)</b> <b>Location: Weiskotten 3113</b> <ul style="list-style-type: none"><li>• 12:00-12:30: Solessio, Auerbach, Hess, Middleton, Liu Labs</li><li>• 12:30-1:00: Waickman, Chan, Thangamani, Ganapathy Labs</li><li>• 1:00-1:30: Amack, Krendel, Pruyne Labs</li><li>• 1:30-2:00: Chen, Loh, Knutson, Kotula Labs</li></ul>
4:30 - 6:00	<b>MD/PhD Grand Rounds</b> <b>Location: NAB 4414A</b> <i>Dinner provided</i>
7:00	<b>Game Night (optional)</b> <i>light snacks provided</i> <b>Location: Jessica's House (1143 Cumberland Ave, Syracuse, NY)</b> Jessica is a homeowner in a nearby neighborhood off-campus

## Itinerary

Date

Friday 03/07

### **Check-out (noon)**

Feel free to extend your stay!

Also, you are still able to plan meetings with potential research mentors on this date, if needed.

# **College of Medicine Accepted Student Days Information**

*Learn more about the medical school curriculum*

**In-person: Saturday, April 5**

**Virtual: Friday, March 28**

*Register with admissions or e-mail [admiss@upstate.edu](mailto:admiss@upstate.edu) for more information*

# Local Recommendations

We encourage you to stay the weekend and explore Syracuse. We would be happy to help you plan your weekend. Let us know what you might be interested in doing!

## Food and Coffee

**\*Poke Bowl**  
**\*Varsity**  
**\*Bleu Monkey Cafe**  
**\*Chipolte**  
**\*Salt City Coffee**  
**\*Brazen Cafe**  
**\*Purple Monkey**  
**\*Strong Hearts (vegan)**  
**\*Heritage Cafe**  
**\*Phoebe's**  
**\*XO Taco**  
**Salt City Market**  
**Oh My Darling**  
**Pastabilities**  
**The Evergreen**  
**Inkas**  
**Dinosaur BBQ**  
**KPot (Korean BBQ)**  
**Rise n' Shine Cafe**  
**Sake Bomb**  
**Cake Bar**  
**LM Social**  
**Red Chilis (hot pot and the soup dumplings)**  
**Recess Coffee**  
**Nectar Espresso Bar**  
**Alto Cinco**  
**Apizza Regionale**  
**The York**  
**Fish Friar**

**\*walking distance (on "the hill")**

## Getting Outdoors

Clark Reservation (hiking)  
Green Lakes (hiking)  
Onondaga Creekwalk (running, walking, biking)  
Onondaga Park (skate park, running, walking, biking)  
Thornden Park (urban outdoor space)  
[Clinton Square Ice Rink](#)  
Four Seasons Golf and Ski Center (tubing, small hill skiing/snowboarding)  
Labrador Mountain (skiing/snowboarding)  
Song Mountain (skiing/snowboarding)  
Greek Peak (skiing/snowboarding)  
Highland Forest (hiking)  
Pratt's Falls (hiking)  
Beaver Lake (hiking)

## Drinks and Entertainment

Trivia ([Syracuse Trivia](#))  
The Hops Spot (craft beers and bar games)  
Central Rock Gym (rock climbing)  
Funny Bones (comedy club)  
JMA Wireless Dome (SU basketball games + concerts)  
Syracuse Crunch (hockey)  
The OnCenter (live shows and entertainment)  
Escape Room ([Mystery Room at Destiny USA](#))  
Funk n' Waffles (live music)  
Al's Wine and Whiskey Lounge (live music + pool)  
The Gilded Club (cocktail bar)  
The Song and Dance (events and shows)  
Turning Stone Casino (large casino, spa, dining, entertainment)  
Yellow Brick Road (small casino, dining, bowling and screen golf)  
Harvey's Garden (beer hall and food truck park)